

Before you begin the Effective Communication training track, complete this self-assessment.

What do you consider effective communication?

How would you rate yourself in the following areas on a scale of 1(Needs Improvement) - 5 (Highly Proficient)?

Active Listening	1	2	3	4	5
Providing Feedback					
Accepting Feedback					
Managing Conflict					
Non-Verbal Communication					
Cross-cultural Communication					
Presenting Ideas					
Team Communication					

What are your communication weaknesses?

What do you hope to gain from completing this training track?