



Powerful Presence Quiz

As a leader with a vision, your presence plays a great part in your influence and effectiveness. People feel your presence even before you say a word, and as you speak with others to enroll them into your vision.

The Powerful Presence Quiz is an informal assessment for educational purposes only. This brief assessment gives you a snapshot of four key areas of presence, suggesting your current strengths, and where your presence could be even more powerful. It shows you where specific inner skills could help you feel less scattered or drained, increase your effectiveness, and allow you to enroll others into your vision with greater ease.

Answer each question by checking the most accurate response. For the survey to be most useful, answer from an honest sense of your actual experience and effectiveness now, not how you aspire to be.

1. I am able to shift my mind from active, high gear to calmer, low gear easily.

()	()	()	()	()
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

2. The thoughts and ideas in my mind rarely bother me or hinder my effectiveness.

()	()	()	()	()
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

3. I experience spaciousness and ease around winding down and sleeping at night.

()	()	()	()	()
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

4. I am able to shift myself out of nervousness or anxiety into calm effectively.

()	()	()	()	()
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

5. I can speak about my message and vision confidently with just about anyone in any setting.

()	()	()	()	()
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

6. I take every opportunity to speak with someone who might be served by my message and vision.

()	()	()	()	()
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree



7. I can listen closely to what another person is saying without rehearsing what I'm going to say next, or wondering what their opinion or judgment is of me.

() () () () ()

Strongly Disagree Disagree Neutral Agree Strongly Agree

8. I know I radiate natural confidence in just about any setting.

() () () () ()

Strongly Disagree Disagree Neutral Agree Strongly Agree

9. I am in good connection with my body, and am aware of the stronger and subtler messages my body gives me throughout the day.

() () () () ()

Strongly Disagree Disagree Neutral Agree Strongly Agree

10. I have consistent routines and practices that support me in keeping my energy steady and strong without excess caffeine, sugar, or other substances.

() () () () ()

Strongly Disagree Disagree Neutral Agree Strongly Agree

11. I would say I rarely feel overwhelmed or scattered for long.

() () () () ()

Strongly Disagree Disagree Neutral Agree Strongly Agree

12. I am skilled and comfortable in recognizing emotions as they come up without pushing them away, or numbing them with food or other substances.

() () () () ()

Strongly Disagree Disagree Neutral Agree Strongly Agree



13. I believe I both embrace and embody my sense of mission and vision as a leader.

()

()

()

()

()

Strongly
Disagree

Disagree

Neutral

Agree

Strongly Agree

14. I experience a deep alignment between who I am and how I show up as a leader and influencer of others.

()

()

()

()

()

Strongly
Disagree

Disagree

Neutral

Agree

Strongly Agree

15. I have a good understanding of where I am in my self-development and capacity, as I become the leader my vision and purpose call me to be.

()

()

()

()

()

Strongly
Disagree

Disagree

Neutral

Agree

Strongly Agree

16. People generally experience me as someone who makes things simpler rather than more complicated.

()

()

()

()

()

Strongly
Disagree

Disagree

Neutral

Agree

Strongly Agree

Scoring:

- 1 point for each “Strongly Disagree”
- 2 points for each “Disagree”
- 3 points for each “Neutral”
- 4 points for each “Agree”
- 5 points for each “Strongly Agree”

Add up the following totals:

Total for questions 1 – 4 = _____ This is your total for the area of **Calm**. This suggests how strong your inner skills sets are in creating and experiencing a baseline of calm and ease, and knowing how to quiet the mind and body as needed.

In this section about **Calm** (questions 1 – 4), if you scored between:

17 – 20: Calm is one of your greatest strengths. You probably operate from a baseline of calm, and are able to bring your thoughts and feelings back to calm with ease. Your underlying presence likely includes calm and inner peace more often than not, even when you are speaking with passion or enthusiasm.



13- 16: Your underlying presence may often include a sense of calm. You likely have a good sense of how to shift your thoughts and emotions back to calm effectively under many circumstances, and may be familiar with the experience of inner peace even under pressure.

9 – 12: Your experience of underlying calm may vary with circumstances. You may experience some times of evenness under pressure, and other times when you wish you did not feel so scattered. Enhancing your inner skill sets in the area of Calm would likely help you strengthen your presence and inner peace.

4 – 8: Calm may not be a consistent underlying experience for you. You would likely benefit greatly from learning and practicing inner skill sets that enhance your capacity for lasting calm and inner peace.

Total for Questions 5 – 8 = _____ This is your total for the area of **Confidence**. This suggests how strong your confidence is around your mission or message, and how readily you are able to speak with ease about your mission and vision with others without excess nervousness, forcing, or faking it.

In the **Confidence** section (questions 5 – 8), if you scored between:

17 – 20: Confidence is one of your greatest strengths. You likely feel at ease in speaking with others about your vision as a leader. Confidence is likely one of the underlying elements of your presence, something that radiates from you without effort.

13 – 16: You probably enjoy a sense of confidence much of the time. There may be some skill areas within confidence that you could enhance for even greater effectiveness, but confidence is likely something that others can sense about you fairly consistently when you speak with them.

9 – 12: Your confidence may be less consistent than you'd like. Enhancing your natural confidence would strengthen your presence and effectiveness when enrolling others into your vision and mission, and allow you to experience greater ease.

4 – 8: You would likely benefit greatly by enhancing your natural confidence. It's likely that low or inconsistent confidence is affecting how you show up as a leader and your happiness in trying to do so. It likely is also impacting your effectiveness in enrolling others into your vision and mission.

Total for Questions 9 – 12 = _____ This is your total for the area of **Centeredness**. This suggests how skilled you are in maintaining your focus and energy in general, or when there are external or internal distractions.

In the **Centeredness** section (questions 9 – 12), if you scored:

17 – 20: You have strong skills and practices that help you stay grounded, and in charge of your inner state. Centeredness is likely one of the strongest aspects of your presence. This likely helps you stay more even and focused, even under pressure or when speaking with others.

13 – 16: Your inner skills that enhance Centeredness are likely to be fairly well developed. You may experience feeling focused or grounded much of the time, and this helps enhance your presence as a leader.

9 – 12: You likely feel less grounded and centered than you would prefer. You may experience feeling scattered or overwhelmed at times, which does not support your presence. You could benefit from enhancing your skills in centeredness to feel more consistent energy and focus, and to strengthen your overall presence.

4 – 8: You may want to begin with focusing on enhancing your skills around Centeredness. This would likely give you the fastest relief, create greater effectiveness, and enhance your capacity and presence as a leader.



Total for Questions 13 – 16 = _____ This is your total for the area of **Clarity**. This suggests how clear and aligned you are regarding your mission personal development as a leader, how your clarity might come across to others.

In the **Clarity** section (questions 13-16), if you scored:

17 – 20: You have a high level of clarity and alignment with your mission as a leader. Your vision likely feels like it comes from who you are, as well as from what you do. You likely have a high awareness of your own personal development and how that relates to your path as a leader and influencer of others.

13 – 16: You generally have a good sense of clarity and alignment with your mission as a leader, and you are likely effective in communicating your vision effectively. Check where you may have scored lower in this section; this could suggest areas of your development that could further strengthen your overall presence.

9 – 12: You probably do not feel as clear as you would like about your mission, message, or vision – or these may feel uncomfortable or out of alignment with a deeper, truer sense of yourself. Enhancing your clarity and your awareness of specific personal development skills could help you become more of the leader your current path needs you to become, and could strengthen your overall presence and effectiveness.

4 – 8: You may experience discomfort with your message, vision, or message. You may feel confused about how your vision or mission connect with who you are, and this likely affects your presence as a leader. You could benefit from gaining additional awareness and inner skills to enhance your personal development to match your professional development, so you can feel and project greater clarity in your overall presence.

Powerful Presence Total Score (all questions) = _____

If your total score is 65 – 80: You have a high awareness of personal mastery skills, and likely have practices and routines that help you stay connected with yourself and others. Your overall presence is likely to be strong. Review any areas where your scores were lower for specific ways to enhance your effectiveness toward mastery of your ease of enrolling others into your vision.

If your total score is 49 – 64: Your overall presence is likely strong in many settings, with less ease or effectiveness in others. Make note of the areas where you scored lower. Enhancing those areas of presence and related inner skills sets could likely give you a consistently stronger presence, plus greater ease overall, and greater mastery in enrolling others into your vision.

If your total score is 33 – 48: You likely experience some struggles with stress management and confidence, and may not feel a strong alignment with your message or vision. There may be some unevenness in the strength of your underlying areas of presence. This is likely to impact your overall presence, which can create challenges with enrolling others into your vision. Focusing on the areas of presence where your scores were lower will give you the fastest relief from these struggles, and strengthen your presence and effectiveness.

If your total score is 16 – 32: You have likely been experiencing difficulties with levels of stress and confidence, and may feel challenged in connecting with your mission or vision as a leader. This is likely impacting your overall sense of well being, as well as your effectiveness in communicating your vision. Focusing on the areas of presence where your scores were weakest will help you gain more internal mastery and clarity, which will then allow you to strengthen your presence and effectiveness with others.

Congratulations on completing the **Power of Presence assessment!** Don't stop now – take action to get the most out of having explored these foundational areas of your presence. Make a decision to enhance your inner skills in the specific areas you identified that can give you greater mastery and ease as a leader. If you would like a complimentary Powerful Presence Strategy Session with Dr. Laura Maciuika to discuss a plan for enhancing your presence, email support@lauramaciuka.com with “Strategy Session” in the subject line.