

# Questionnaire – Quality of presence

## DOMAIN 1. QUALITY OF PRESENCE

What is our presence like in a situation? What does it feel like and what does it look like? A focus on how we are in a situation: our posture, sounds, emotions, bodily sensations.

### What is this?

The voice, the body, the presence of the educator are her main tools, everything she does is mediated through

her presence. The word presence inevitably evokes a double perspective: internal and external, presence perceived and seen. We have an internal sensation about our body, and at the same time it makes a visual impression on others. The same is true for our voice, our emotional landscapes and our self-presentation strategies. Our video-based method will help bridge this apparent gap between the internal and the external, helping you to be able to use the inner sensations as feedback in a more mindful way, with a little bit of more awareness.

## PLEASE FILL OUT THE GREEN AND THE RED SECTION BEFORE WATCHING YOUR VIDEO RECORDING

Use the scale 1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree

Prescriptive items	1	2	3	4	5
A good trainer has fluid verbal expression					
It is important to avoid interjections (filled pauses)					
The movement of the trainer disturbs the learning process					
It is important to avoid « parasitic » (non-voluntary) movements					
It is important to use eye-contact with as many learners as possible					
The trainer should position herself towards the learners					
The trainer's emotional reactions should not be observable					
The trainer should appear as competent					
The trainer should appear as nice and friendly					

**PLEASE FILL OUT THE RED SECTION BEFORE WATCHING YOUR VIDEO RECORDING, THEN HIDE IT BY FOLDING THE PAPER. FILL OUT THE BLUE SECTION AFTER VIEWING THE RECORDING. THEN OPEN AND COMPARE. DO YOU SEE ANY DIFFERENCES?**

Use the scale 1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree

Descriptive items	AFTER VIEWING					BEFORE VIEWING				
	1	2	3	4	5	1	2	3	4	5
My verbal expression is fluid / segmented										
I have unfinished utterances										
I speak fast										
My voice often loses its strength and clarity										
I use segmentation with silent pauses										
I use segmentation with pauses filled with interjections (“hmm” or “euh”)										
My voice has a high pitch										
My intonation is monotonous										
My breathing is deep and in line with my speaking										
I offer eye-contact to all learners										
My posture is oriented towards the learners										
I use proxemics (changing my distance to learners)										
My gestures are illustrating my utterances										
My gestures help accentuate important aspects of the message										
I make movements / gestures that I am not aware of										
I feel grounded on the floor										
I move around the space as I know it by heart										
I am aware of my emotions during sessions										
I listen to my emotions as a means of feedback										
I don't give any sign of emotions										
Most of the time I am more confident rather than embarrassed										
Most of the time I am warm rather than cold										
Most of the time I am open and flexible rather than rigid and closed										
Most of the time I am irritable and anxious rather than calm										
I present myself as someone nice and friendly										
I present myself as someone competent										
I present myself as someone intimidating										