

## Your Professional Image Assessment

On a scale of 1-5 rate yourself. Review your team by substituting "my team" for "I".

1 = completely disagree;

5 = completely agree

1. The way I look never lets me down at work.

1 2 3 4 5

2. I project a positive, professional image to colleagues, and clients.

1 2 3 4 5

3. I always feel 100% confident about my image in meetings with colleagues, and/or clients.

1 2 3 4 5

4. I often receive positive feedback on my professional appearance.

1 2 3 4 5

5. I understand that our physical image play's a major role in how a client or business partner perceives us.

1 2 3 4 5

6. My image is aligned with our business values and goals and ensures that people perceive me as competent and professional.

1 2 3 4 5

7. I always identify and wear appropriate dress for our client or business partner in any given situation.

1 2 3 4 5

8. I am consistent in the way I present to clients, and /or business partners.

1 2 3 4 5

9. I understand the importance of first impressions and perceptions.

1 2 3 4 5

10. My conduct is consistent with the image I present and I deliver consistently greater than my clients and /or business partners expectations.

1 2 3 4 5

**Total your score and deduct 5 points** (research shows us that we often view ourselves more favourably and rate ourselves higher than others would rate us).

### **How did you score?**

**48 – 50** Congratulations – You’ve had great training, great mentors and been observant, or, received coaching with an Image Consultant ... either way, excellent result! You want to leverage your image with our Jump the Q Advanced Professional Development Course – Leverage your Professional Profile.

**43 – 47** You’ve got the essence – now you’re ready for the polish! It may be time to coach with a professional image consultant. Some of the most talented athletes, business executives and entertainers rely on advice from a coach to get them across the finish line ... first! Don’t delay any further; contact Jump the Q to get your game plan started.

**38 – 42** You’re on track, and poised to go to the next level now. Raise your bar and acquire the professional edge and polish you need to ensure your forward progress. Enrol in a Jump the Q Professional Edge One day Workshop today to start building your professional image.

**37 or less** Here’s the real question ... do you want a “career” or a “job”? Do you want more in life? If it’s a “career” you want, more fun, more money, better relationships and more success, there is no time to waste! Life is not a dress rehearsal – it is the real thing. Ensure your image reflects your potential today. Call Jump the Q to develop your personal image blueprint and fast track your confidence and career.



**Free eBook ‘Make your Mark’**  
go to [www.jumptheq.com.au](http://www.jumptheq.com.au)

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## **Image Assessment**

**Yes    No**

Do you wear earrings everyday?

Do you go to the hairdresser at least every four to six weeks?

Do you wear makeup every day to work or only when you go for an interview or business meeting?

When you sit down does your skirt ride up several inches?  
(ie. Is your skirt too short?)

Is your wardrobe mainly comprised of black?

Do you know which style makes you look most trim and professional?

On a day when you have an important meeting, do you dress differently?

Is the quality and "look" of your weekend clothing congruent with the successful image you deserve?