

Reflect on Past Feedback

Take some time to reflect on feedback you've received in the past. Answer the questions below and consider how these past experiences will influence how you approach feedback in the future.

When was the last time you received some poorly delivered feedback? What did the person do? How did you feel?

Now, think about the last time you received some amazingly delivered feedback? What did the person do? How did you feel?

Given these experiences, what's one thing you will do in the future to ensure you deliver amazing feedback?