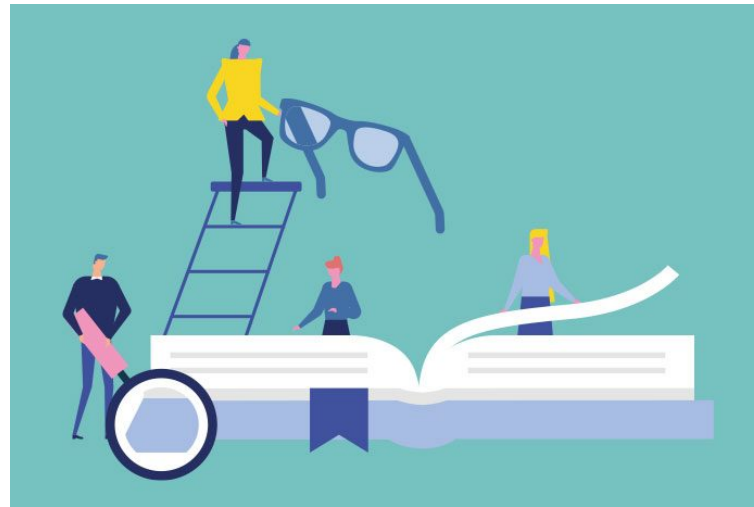


# Feedback Cheat Sheet

## Prepare:



Care and compassion

What's my observation?

Empathy v. Assertiveness

Right timing and context?

## Deliver:



Be curious, seek to understand

Reality check; what do they hear?

Share the story that you see

Share feelings about the story

## Review:

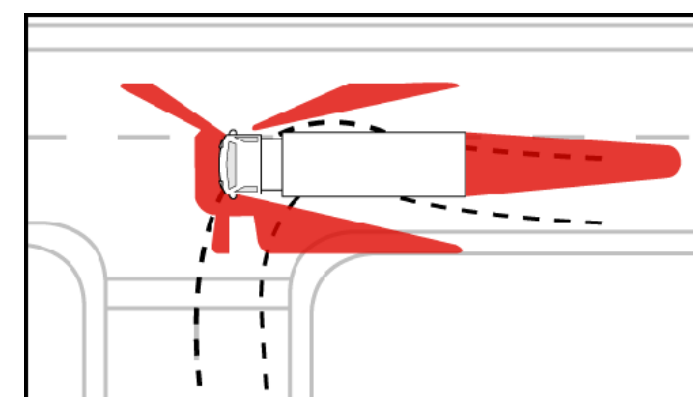
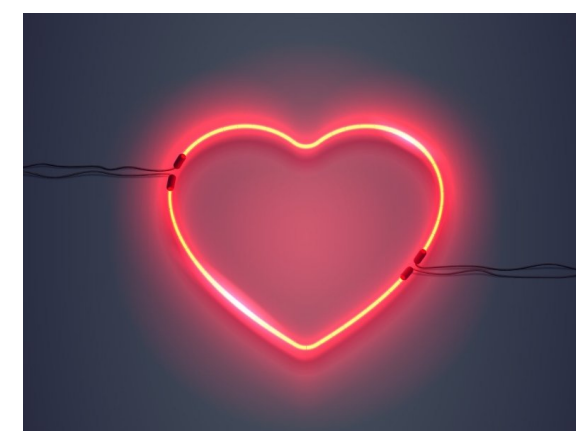
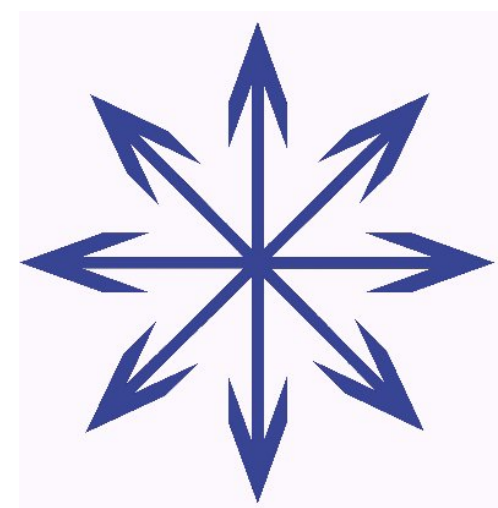


Check in a week later

What was / is the impact?

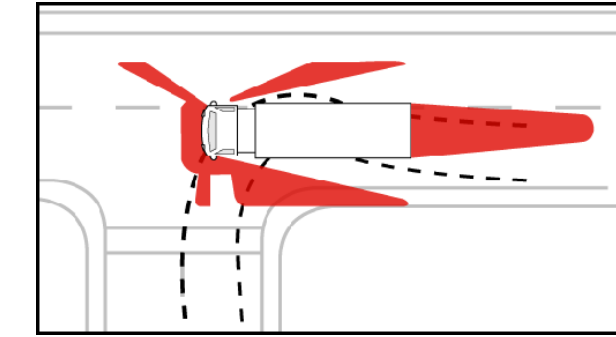
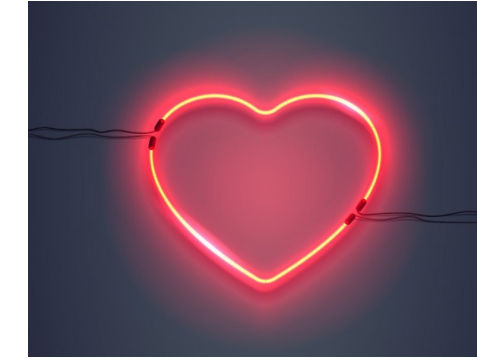
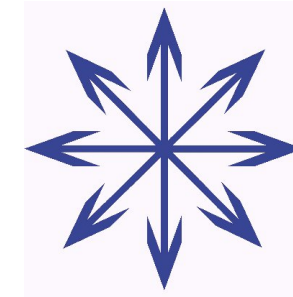
Ask for feedback on your feedback

Offer further support



**WHOLEGRAIN**  
digital

# Feedback Implementation



Giving or Receiving	With Whom?	When?	<b>Observations</b> (How did the conversation go? What was the outcome? How did it feel?)	<b>Points for Improvement</b> (What could you do better in future? What do you want to remember next time?)

