



REALITY

NOW

- How able are you to listen and accept what people tell you?
- How do you feel about learning from and acting on feedback?
- How do you build on positive feedback to improve your strengths?
- How do you respond when others present their ideas?
- What kind of feedback do you share with others to help them?
- How do you respond to negative feedback? Are you able to view it as an opportunity?
- How do you process and respond to criticism?

CHOICE

- Do you remain open to monitor and act on all kinds of feedback?
- How can you accept that others may have better ideas? Are you happy to give them the credit?
- How can you learn from a time when you reacted well to feedback?
- When and how can you share positive feedback with others to give them a feeling for praise and appreciation?
- What can you respond to negative feedback immediately?
- How can you respond to negative feedback in a constructive way?
- How can you grow through feedback and acting on it, putting both positive and negative feedback to work?

OPTION

GOAL

- I would like to speak with you on how to receive and act upon feedback from others.
- I would like to help you to receive and use feedback, both positive and negative, to boost your strengths.

WAY FORWARD

M.A.P.

- Which goals will you initially set to improve your attitude and skills on the issue?
- What steps will you take?
- What activities will you start with?
- What development indicators will you identify?
- What support are you looking for?
- When do you want us to meet to discuss the process?