

How do I give feedback?

- Specific, observable examples**
I avoid generalisations
- Subjective messages**
I describe my own view
- Honesty**
I say what I think and feel



- Feedback is a perception**
It is the personal view of the feedback giver
- Listen and take in**
I do not defend myself
- Feedback is a gift**
I decide what I will do with it
- Ask questions if unclear**
I don't make assumptions

Types of feedback

