

EXCHANGING FEEDBACK QUADRANTS

Reflect on past communications to build your self-awareness about how you experience exchanging feedback. Describe one interaction in each quadrant of the grid.

	Giving Feedback	Receiving Feedback
Well Received	What do you think was the goal of the feedback? Describe how the feedback was received. Why do you think it was received that way?	What do you think was the goal of the feedback? Describe how the feedback was received. Why do you think it was received that way?
Poorly Received	What do you think was the goal of the feedback? Describe how the feedback was received. Why do you think it was received that way?	What do you think was the goal of the feedback? Describe how the feedback was received. Why do you think it was received that way?

What did you notice while doing this exercise?

What do you want people who give you feedback to know?