## GIVING FEEDBACK

1	ASK FOR THEIR PERMISSION No one likes unsolicited feedback.
2	ALIGN THE FEEDBACK TO THEIR VISION Does this feedback help the person get closer to their vision?
3	MAKE IT SPECIFIC Vague feedback = Vague results
4	USE SUBJECTIVE LANGUAGE "What I am making up is" "As it occurs to me" "I'm willing to be wrong"
5	INVITE CURIOSITY FOR THE BOTH OF YOU Be willing to be wrong about your feedback or what you make up.
6	MAKE CLEAR REQUESTS /OFFER A SOLUTION Without this, there is a higher probability that little change will happen.
7	CREATE AGREEMENT Avoid assumption. Clarify expectation.

## RECEIVING FEEDBACK

1	GIVE YOUR PERMISSION TO RECEIVE	
2	"THANK YOU FOR CARING ENOUGH TO GIVE ME FEEDBACK"	
3	"IS THERE ANYTHING ELSE?"	
4	FOCUS ON THE 1% THAT'S TRUE	

