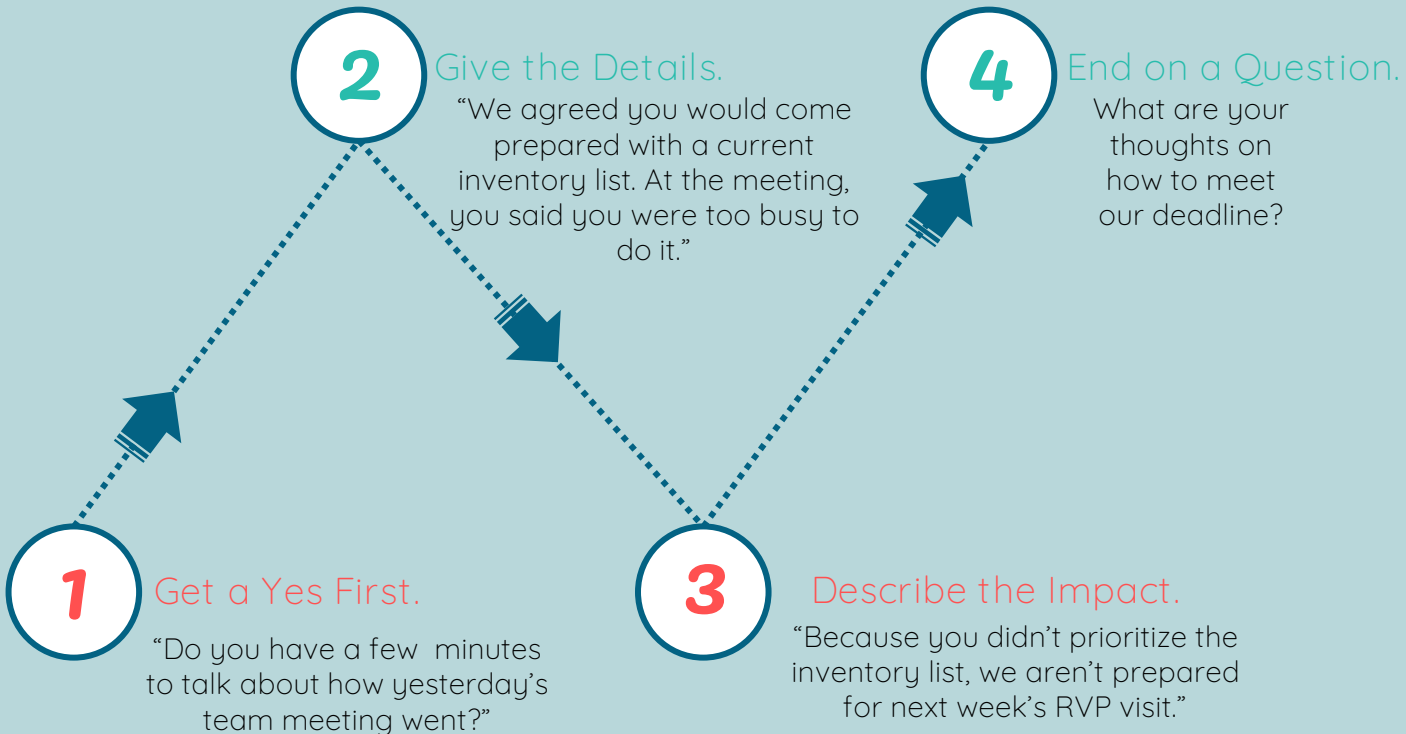




Brain-Friendly Feedback

Delivering Feedback



Receiving Feedback

Consider the Intention.

At Sun, feedback is about learning, growing, and moving forward.

Listen Actively.

Feedback is just information – try to be open and let it settle before responding.

Summarize.

Repeat the main points to make sure you understand what’s being asked of you.

Say What You’ll Do.

Share what you learned and how you will act in the future.

Bonus - Turn Asking for Feedback into a Habit.

This allows you to keep yourself safe psychologically and lets you learn continuously on your terms.