

Feedback for Improvement Task

To enhance and improve your growth mindset, it is essential to use feedback whether it is in the form of marks, evaluation, statements, conferencing, or coaching for growth and improvement. Feedback is not to be seen as criticism, it is a growth opportunity. With effective feedback, the opportunity is there to listen, make adjustments and improve.

Athletes, actors, musicians, chess players, CEOs and performers all improve when they listen to effective feedback and implement those strategies to improve. Consider the tremendous coaches that provided feedback to their players who then improved or excelled.

Your task:

Interview 3 individuals and ask them how they used feedback to improve or achieve a goal. Ask what the feedback was and what they did in response to the feedback. Detail their responses.