

Activity 1| Feedback and Feedforward

Participant Guide

Feedback and feedforward are the _____.

Constraint is anything that _____.

Breaking constraints

- Know what you want to work on.
- Develop a plan of action.
- Go into deep practice. Put _____ hours into changing behavior.
- Get an accountability partner to give you feedback.

Aspects of Effective Feedback

1. _____
2. _____ comments
3. _____

How would you define feedforward? _____

Personal Growth Plan

Take a moment to think of one area in your personal and professional life that you want to work on. For example: I need to work on listening better at home. My constraint is poor listening.

I need to work on: _____

My accountability partner is: _____