

Instead of asking for feedback...

Feedforward

I want to be better at...

Directions:

Listening

- Choose one interpersonal behavior that you want to improve/change... "I want to be a better listener."
- Ask for **feedforward** from a person in your class — 2 suggestions to help you achieve the change you want.

Speaking

- Listen to the suggestions and take notes. Thank the other participant for his/her suggestions.

- Reciprocate by asking that person what he/she would like to change.

- Provide him/her **feedforward** — 2 suggestions aimed at helping the other person change.

Organization

- Shake hands, say thank you, and find another participant and repeat the dialogue.

Write down the behavior you want to change. I want to _____

Teamwork

Leading

Networking

Problem Solving

Time Management

Being Positive

Dependability

Flexibility

Cooperating

Punctuality

Communicating

Dialogue #1

- 1.
- 2.

Dialogue #2

- 1.
- 2.

Dialogue #3

- 1.
- 2.

Dialogue #4

- 1.
- 2.



Remember:

- Let go of the past — **focus on the future**
- No judgement — stay positive
- Learn as much as you can
- Help as much as you can