

Consensa Toolbox

Feedback Rules

Feedback rules

for the provider

- ▶ Describe your own Perception precisely:
"I have seen..."
"I have heard..."
- ▶ Describe the effect on yourself:
"This has... effect on me"
- ▶ Name a proposition, wish, idea (incl. benefit):
"That... I wish you..."

for the receiver

- ▶ listen quietly
- ▶ no justification or discussion
- ▶ ask only if feedback is unclear
- ▶ THANKS !
- ▶ let the feedback sink in
- ▶ I consider and decide what I want to take on for myself and what not

Design and understand feedback
as a beneficial gift

