Giving and Receiving Feedback: Why It Really Matters

Growth requires feedback, not comfort


Feedback is most effective within a trusting relationship


Siegel, D. J. (2015). The developing mind: How relationships and the brain interact to shape who we are. Guilford Publications.

Checking in

What’s going on?
What feels most important right now?
How can I support you?
Tell me more...
Let me see if I get this...

Self-compassion is a powerful resource (and the rule of thirds)


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