Download full book on website

Team Booster #18

Self Feedback Reflection

What:

Activity: In pairs, answer the warm up question: *"The feedback conversation that I should be having with myself but am avoiding is…"* and then share your answer with the team.

Time Required: 10 minutes at your next team meeting or huddle.

Why:

We often know deep down the things we need to address to improve our own work/life and wellbeing. At the same time we avoid deeper introspection on these topics due to overwhelm and/or fatigue. Pinning down a single area of improvement and articulating it to a close team mate can increase the likelihood that we will take action as a result of our disclosure and the support provided by the team.

How:

Step 1 (5min): Have team members self select a partner for the activity and follow the instructions on Page 19. **Step 2 (5min):** For *higher trust teams* have each team member share a reflection or takeaway with the wider team. For *lower trust teams* allow pairs to continue discussion in greater depth.

HIGHPERFORMANCETEAMS
LEVEL UP! PROGRAM

Self Feedback Reflection

Choose one of the categories below and answer the question: *"The feedback conversation that I should be having with myself but am avoiding is…"* Then, in as much as you are comfortable, share your answer with your partner.

1. Play / Hobbies	**2. Work / Career**
3. Key Relationships	**4. Family & Friends**