

Receiving Feedback

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prepare "how to help me" → presentation work window → immediate processing time → follow up

Low Confidence | | | | | High Confidence

* Overall
* in this presentation

Share your confidence level.

1. Give audience permission + pre-help.

2. Am I centered and calm to listen & observe effectively

3. Reflect "Replay the feedback" in your imagination

4. Make changes + follow-up with those gave

5. Show specific appreciation. "Thank you HAND NOTE" feedback

LEARN
GROW

Thinking
Feeling
Willing