



Empowering the Iowa Girl

Leadership. Culture. Character. Performance.

WINNING FEEDBACK SELF-STUDY

Select a PERIOD OF TIME that
you will focus on: _____

Part A) Rate your performance on the following:

1 = POOR

10 = OPTIMAL



1) ... offering feedback that is specific, honest, and direct, solution-focused, goal-oriented.

1

2

3

4

5

6

7

8

9

10

2) ... delivering the right substance, in the right style, in the right moment when giving feedback.

1

2

3

4

5

6

7

8

9

10

3) ... being open-minded, growth-focused, solution-oriented when receiving feedback.

1

2

3

4

5

6

7

8

9

10

4) ... receiving feedback without embarrassment, frustration or anger.

1

2

3

4

5

6

7

8

9

10

Part B) List what you could do **BETTER or DIFFERENTLY** in the future
for more optimal *winning feedback*: