



**ART OF COACHING PODCAST™ EPISODE 127
BRETT SOLO EPISODE: HOW TO GIVE THE MOST EFFECTIVE FEEDBACK**

Describe the culture and current practices of giving and receiving feedback at your organization or job. Where does it fall short? What does it do well?

Define feedback in your own words. Now compare your definition to the one discussed in this episode: (Formative) Feedback is information communicated to the learner that is intended to modify his or her thinking or behavior for the purpose of improving learning. How are they similar, how are they different?

Brett suggests the SHIP analogy (specific, humble, interval-based and practical) when giving feedback. Give an example of feedback that meets this criteria and how you've used each of these tactics or plan on using them in the future.



Describe a time when there was a mismatch of FIT when you were giving or receiving feedback. What obstacles prevented productive feedback from occurring?

What's the worst question you can ask when looking for feedback? Why?

What strategies / tips did you take from this episode? Which will you look to implement in the future?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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