

Team Feedback Prep – Recentering Form

Your TIRP in Providing Feedback

TOPIC

Providing Feedback

IMAGES

What Fears/Concerns do I have in providing feedback?

What Images do I have in providing feedback?

REACTIONS

How are my Fears / Concerns / Images likely to negatively impact my behavior when I offer feedback?

PURPOSE

What ATS Purpose (Learning, Contribution, Context) do I want to re-center on in giving feedback – Why does it matter?

And what do I want to practice when my fears/images are activated?

Your TIRP in Receiving Feedback

TOPIC

Receiving Feedback

IMAGES

What Fears/Concerns do I have in receiving feedback?

What Images do I have in receiving feedback?

REACTIONS

How are my Fears / Concerns / Images likely to negatively impact my behavior when I'm receiving feedback? How might I react?

PURPOSE

What ATS Purpose (Learning, Contribution, Context) do I want to re-center on in receiving feedback – Why does it matter?

And what do I want to practice when my fears/images are activated?