



**Feel the feedback –
and give it anyway!**

Bitesize Masterclass

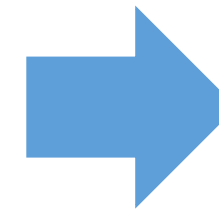
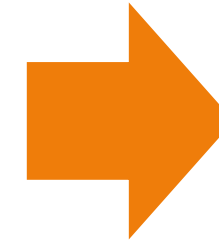
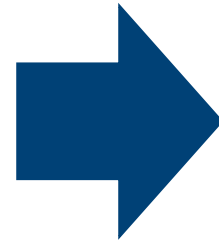
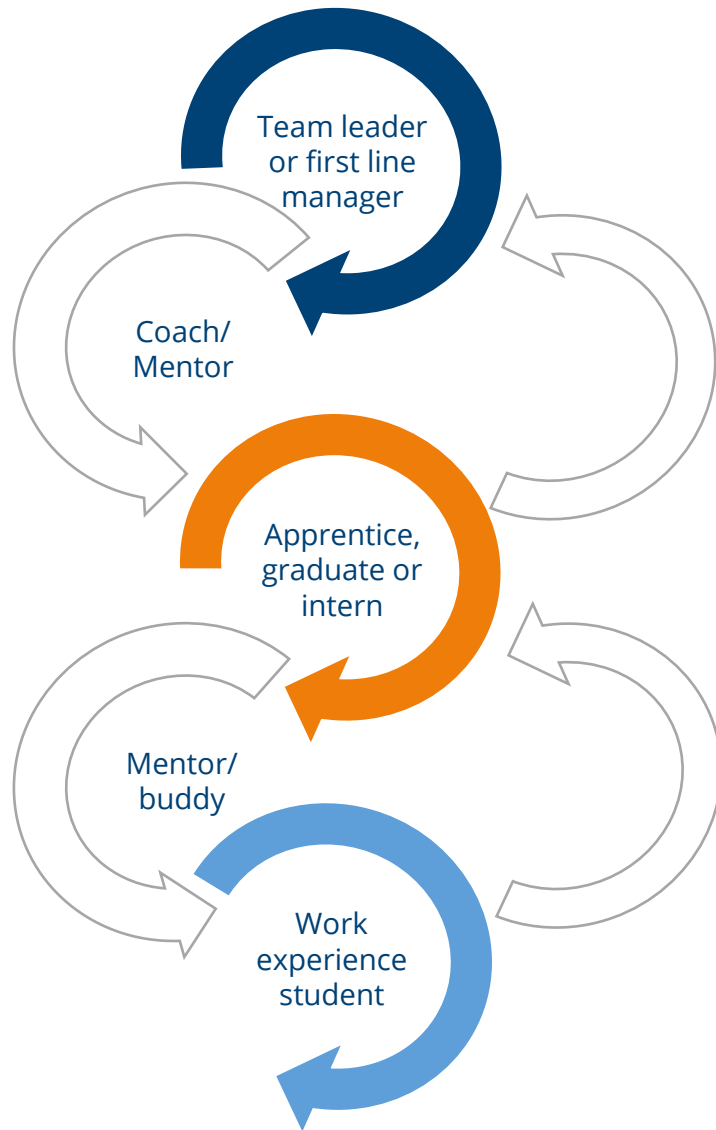
Led by Simon Shaw

Welcome

Bitesized Masterclass Structure

- Use the Q&A panel to submit questions and the Chat for comments
- Focus on masterclass topics
- Complete the polls as they appear
- You'll receive the masterclass recording and slides after the session





Integrate coaching and mentoring in team leading and first line management roles

Develop coaching and mentoring skills by mentoring or buddying students

Gain experience of being coached and mentored as a work experience student



Early career path



Poll

Which one of these skills do you want support with the most?

1. Active listening
2. Asking good questions
3. Giving feedback
4. Having difficult conversations
5. Empowering people



**Questions in the
Q&A**

**Comments in the
Chat**

Demo Part 1

Feel the Feedback



The Brain

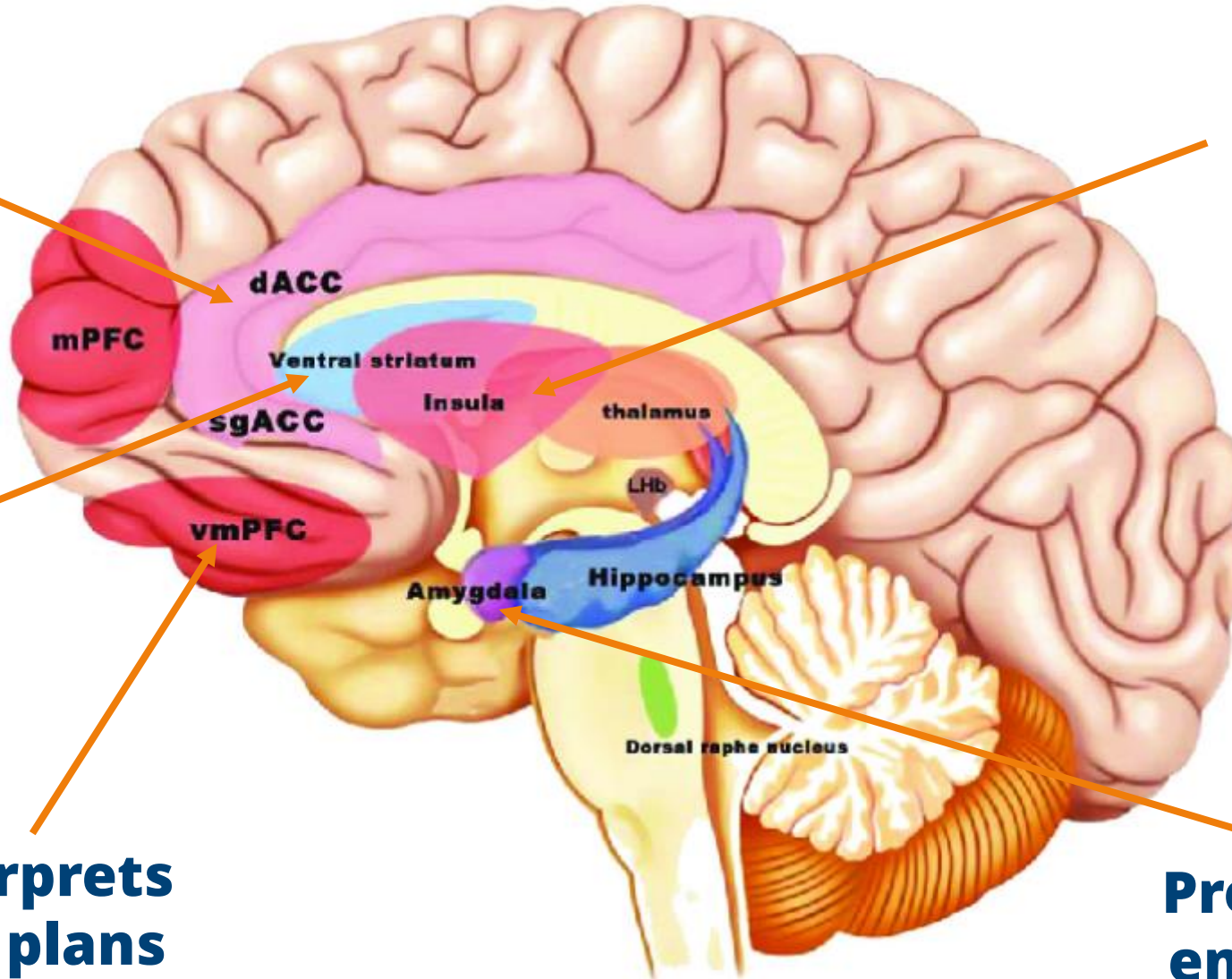
Regulates emotions

Notices physical state

Experiences reward

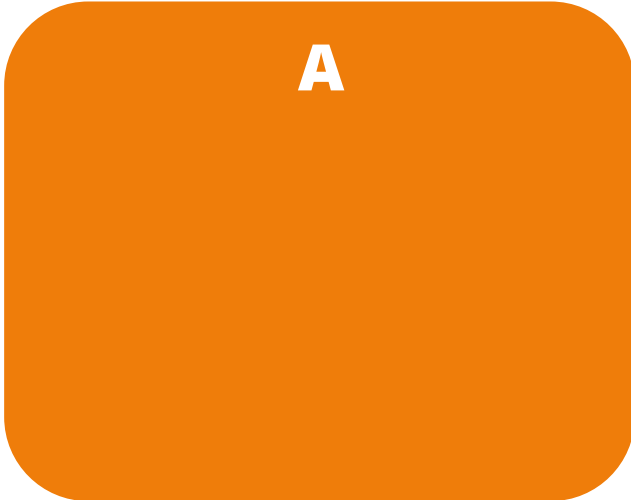
Interprets and plans

Processes emotions





Groups



Our ideas



A

- 1 Disappointed, let down
- 3 Happy, joyful
- 6 Discouraged, annoyed
- 8 Embarrassed, in despair

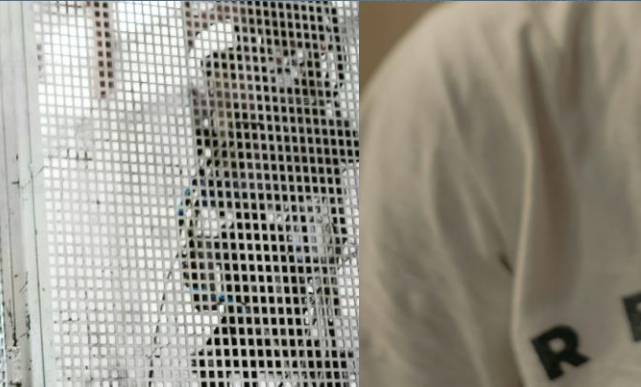
B

- 2 Pleased, relieved
- 4 Uncertain, frustrated
- 5 Thoughtful, confused
- 7 Curious, concentrated

Angry Frustrated Disappointed Anxious Relieved Confident Pleased Proud

Demo Part 2

And Give it Anyway





4 Team Dynamics



6 Unacceptable Behaviour



5 Safety & Compliance



3 Development



2 Standards

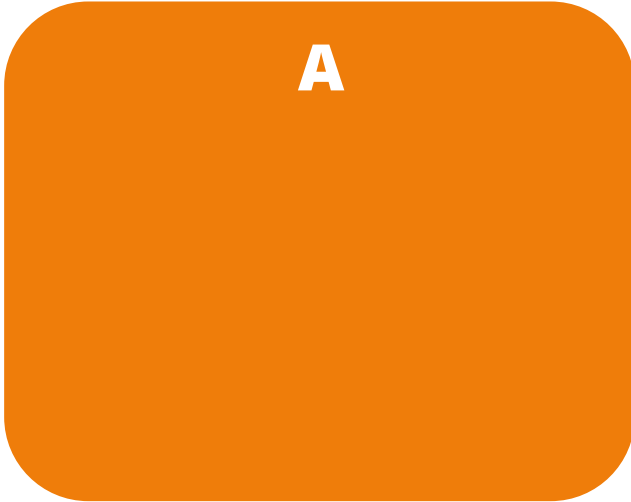


7 Prevention



1 Performance

Top picks

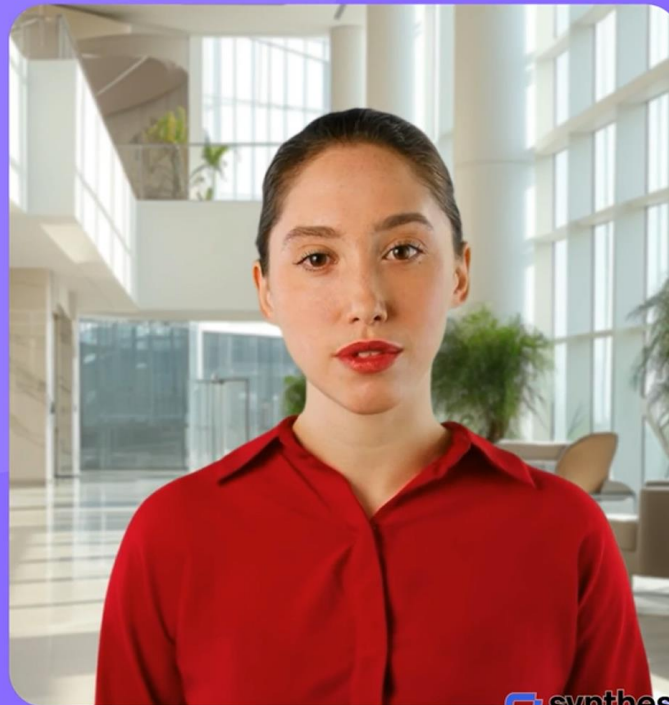


Coaching session with Romola

Feedback and improvement suggestions

Coaching session with Romola

Feedback and improvement suggestions

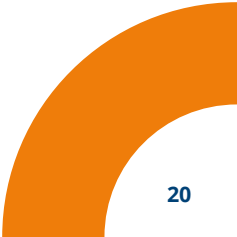
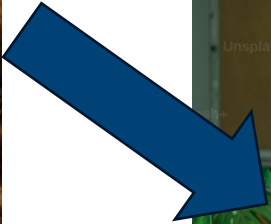


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- How would you feel if you were receiving this feedback?
- How is the feedback structured?
- How is it delivered?

Feelings during feedback

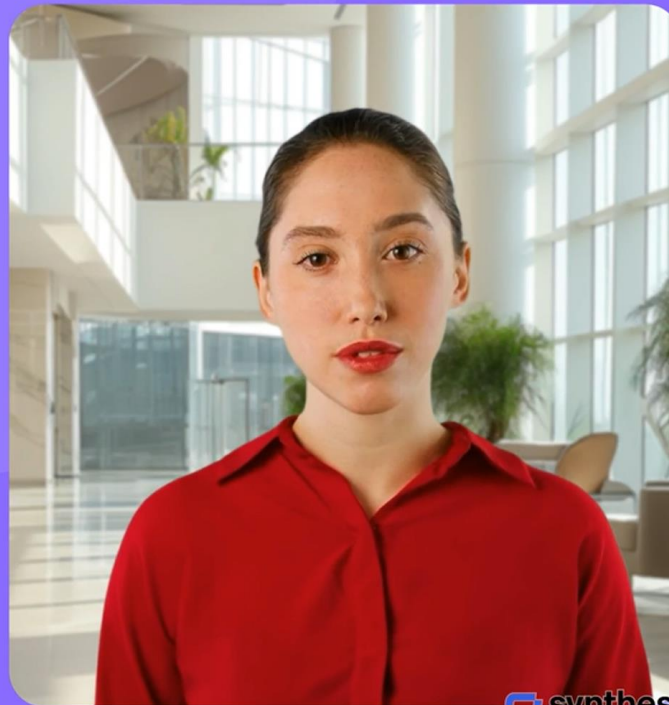


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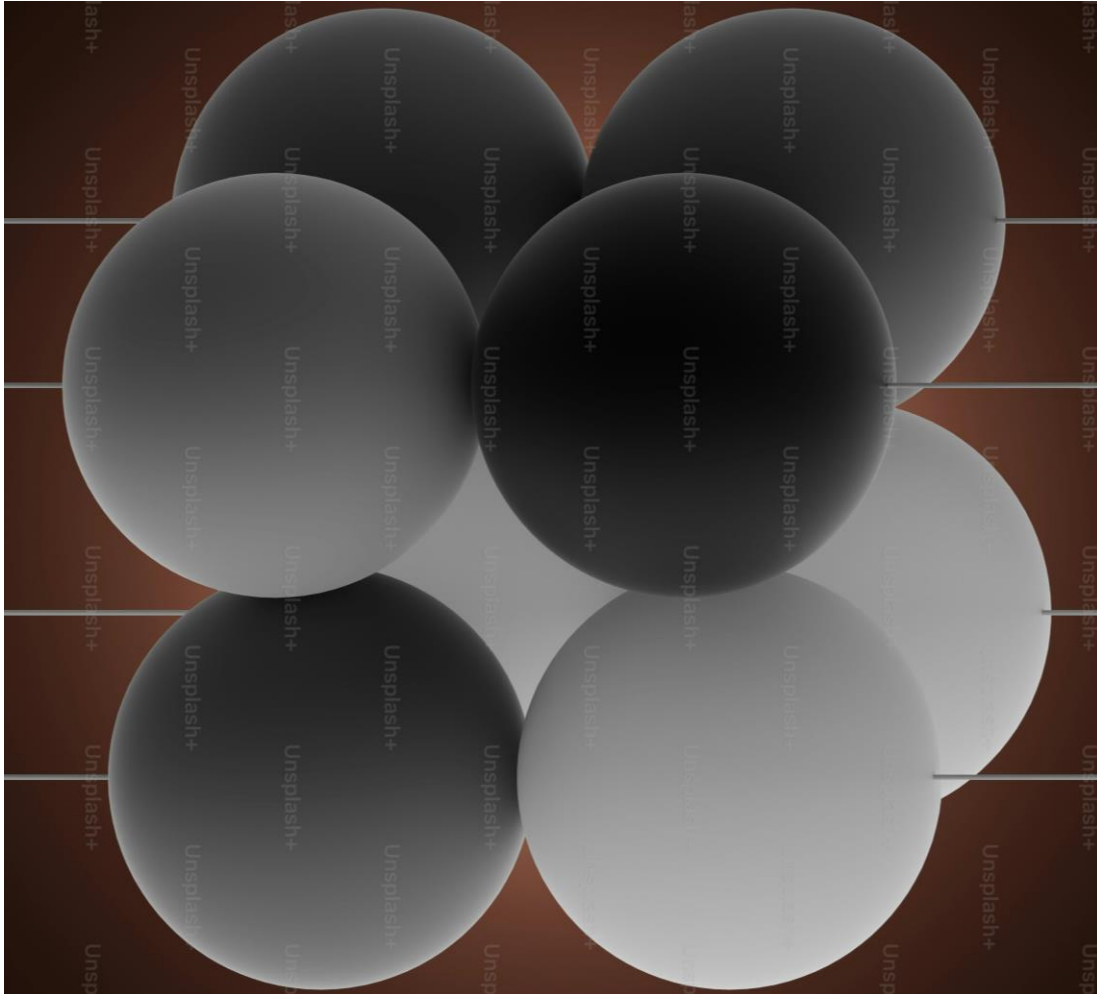


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- Clear
- Concise
- Friendly
- Professional
- Authentic

The ultimate aim



Think of one word that sums up how you want the other person to feel as a result of your feedback.

What's the ultimate state of mind you want them to be in?

Receptive

Valued

Empowered

Driven

Focused

Safe

Supported

Empathy



Skills

Practice

End of Demo

CONSCIOUS COACHING

DEVELOPING COACHING AND
MENTORING SKILLS TO
KICKSTART YOUR CAREER



**Voucher
Coaching
24**

COURSE OVERVIEW

LEADING PEOPLE

HAVING THOSE HARD-HAT CONVERSATIONS

BITESIZE MASTERCLASS
24TH OCTOBER 12.00-12.30



Poll

Which one of these actions are you most likely to take?

1. Enrol early careers talent on 'Conscious Coaching' and/or Leading People
2. Talk to others in the organisation about enrolling them
3. Talk to us about the in-house options
4. Find out more about the courses before deciding
5. Join the next masterclass

Thank you for joining us



Please get in touch with comments or questions or follow us on social media for insights & upcoming events

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