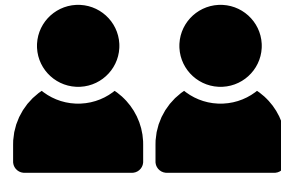
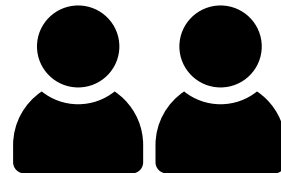


Feedback dialogue

Designate someone as a timekeeper. This person will ensure that you work through steps 1 through 5 together in a structured manner.

1. Emotions after feedback**2. Discussing emotions****3. Analyze feedback****4. Discuss feedback****5. Action plan**