



Feedback Invitation

Getting to know myself through the eyes of others

Dear Friend,

As someone in my work or professional life that I value, I would like your feedback on... well, me!

Your reflections and observations will I hope, give me insight into how I show up for you, and help me to better understand myself and the possibilities that lay before me.

So, I would be most appreciative if you could fill in the following questions and then email this document back to me. Please be honest - there are no right answers here, I am simply interested in your experience of me as it is...

Something that I really appreciate about you is...



If I was to describe you to another person I would say...

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If I was to try and describe your essence I would say...

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If there were things in you that I would imagine would hold you back in life they would be...

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Some things I find irritating or frustrating about you are...

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If there was something I felt you could do with more of it would be...

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If there was something I felt you could do with less of it would be...

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If I was to give you one piece of advice it would be to...

Having written all of this, how I feel about you right now is...

Thank you for sharing your observations and insights with me!

I will do my utmost to use your feedback responsibly and to take it not as criticism but as your genuine experience of me.

And feel free to use this document yourself with your own friends and colleagues!