

Self Feedback

Housekeeping – 101 – Low Trust – 10 mins – szp.guide/selfeval

Materials

- Self feedback form

Setup

- N/A

Goals & objectives

- Give yourself a chance to reflect on what you've learned during the workshop and what things you want to change, keep, or follow up on after the workshop.

Process Steps:

While participants are completing their feedback forms fill out the self evaluation feedback form to reflect on your own experiences and thoughts during the workshop.

Make it your own

Modify the feedback form to fit your needs and the things you want to reflect on.

Unlock the Magic

Remember: [self-evaluation and self-feedback \(szp.guide/selffeedbackblog\)](http://szp.guide/selffeedbackblog) is critical to you improving as a facilitator. We wrote a whole article on it we think it's that important. Your future self will thank you!

Facilitator Self Feedback Form

Reflection questions for you to complete at the end of your facilitation

We often think to ask our participants & co-facilitator for feedback, but we have just as much good insight to offer ourselves.

Complete this form when you hand out participant feedback forms. They give you feedback, while you give you feedback.

Set aside time & plan to take action on this feedback. Don't just reflect - use it!

Get an editable version of this form, and other resources, free at TheSafeZoneProject.com

What went well?

What could have gone better?

What aspect of the training do I want to change? How do I want to change it?

What aspect elicited the most learning for the group? How can I recreate it?

What questions or moments was I unprepared for? What follow-up do I need to do before next time?

Anything facilitation-wise I want to change, or try out, next time?

Final thoughts for next time?

What follow-up did I promise participants?