### The Gift of Feedback.

Discover new lessons every day which can be completed in around 5-10 minutes.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Challenge starts tomorrow!</strong></td>
<td><strong>What Is Effective Feedback?</strong> (3m)</td>
<td><strong>The Feedback Decision Tree</strong> (2m 57s)</td>
<td><strong>Make Individual Performance Soar</strong> (4m 1s)</td>
<td><strong>Activity:</strong> Seek feedback on one specific part of your role this month</td>
</tr>
<tr>
<td><strong>Building a Relationship with Your Boss</strong> (2m 19s)</td>
<td><strong>Use the COIN Model to Give Feedback Virtually</strong> (2m 51s)</td>
<td><strong>Develop Influential Relationships</strong> (3m 49s)</td>
<td><strong>Helping your Mentee Overcome Self-Doubt</strong> (3m 3s)</td>
<td><strong>Creating Consistent Communication with Direct Reports</strong> (2m 31s) <strong>Set Regular Meetings to Create Rapport and Provide Feedback Virtually</strong> (2m 44s)</td>
</tr>
<tr>
<td><strong>Why Is Feedback So Hard?</strong> (3m 27s)</td>
<td><strong>Take Feedback Seriously, Not Personally</strong> (2m 51s)</td>
<td><strong>Activity:</strong> Offer one person some positive feedback on something they worked on this month</td>
<td><strong>Softening Your Inner Critic</strong> (2m 54s)</td>
<td><strong>Reflection:</strong> What were your biggest takeaways from The Gift of Feedback challenge?</td>
</tr>
</tbody>
</table>

- **Challenge starts tomorrow!**
- **What Is Effective Feedback?** (3m)
- **The Feedback Decision Tree** (2m 57s)
- **Make Individual Performance Soar** (4m 1s)
- **Activity:** Seek feedback on one specific part of your role this month
- **Building a Relationship with Your Boss** (2m 19s)
- **Use the COIN Model to Give Feedback Virtually** (2m 51s)
- **Develop Influential Relationships** (3m 49s)
- **Helping your Mentee Overcome Self-Doubt** (3m 3s)
- **Creating Consistent Communication with Direct Reports** (2m 31s)
- **Set Regular Meetings to Create Rapport and Provide Feedback Virtually** (2m 44s)
- **Why Is Feedback So Hard?** (3m 27s)
- **Take Feedback Seriously, Not Personally** (2m 51s)
- **Activity:** Offer one person some positive feedback on something they worked on this month
- **Softening Your Inner Critic** (2m 54s)

- **Reflection:** What were your biggest takeaways from The Gift of Feedback challenge?