

## The Brain Gym/Workout

# Tell it to me Straight Feedback is Crucial to Change

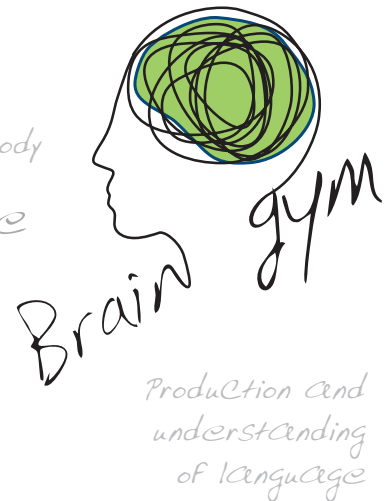
Without it things tend to carry on much as they did before. With it, we can transform performance and accelerate the introduction of improvements with a pace and depth that few other tools at our disposal can provide.

Giving great feedback doesn't mean being nice all the time. It actually means being honest, clear and specific. It also means giving feedback frequently, which is more likely to be several times a day than once a month.

The 'Tell It To Me Straight' workout has been designed to provide you with tools and techniques to allow you to give feedback that;

- Helps people succeed,
- Transforms performance,
- Can improve your relationship with them,
- Doesn't take up too much time!

*Controls right side of the body  
Left hemisphere*



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