

Principles of healthy feed-back

- ❖ Communication involves 2 individuals, one that sends the message and one that receives and is 75% non-verbal
- ❖ Feedback happens when a behavior is observed and it is communicated to the person with the intention of helping to adjust that behavior
- ❖ Feedback can be positive and negative, where it is scientifically proven that positive one is the basis for progress, development and success

