

A stronger next answer.

A five-minute debrief after practice. Ask a listener for specific feedback, then turn one observation into your next action.

QUESTION / STATION: _____

01 What landed?

What did the listener understand about your motivation, reasoning or values? Ask them to be specific.

02 Where did I lose clarity?

Was there a vague example, an unanswered part, or a point that needed explaining?

03 How did I connect?

Did I listen, pause and respond to the actual question? What happened when I felt pressure?

04 What will I try next?

Choose one small, observable change. Practise again and ask whether it helped.

Progress is the point. Clear thinking, reflection and connection develop with feedback. Bring this page to your next coaching conversation.