

How Am I Doing?

Questions to Elicit Feedback on Communication Practices

One way of learning about areas of strength and improvement in communication practices is to ask colleagues or families for their feedback after a conversation or meeting. Below are some sample questions to ask.

Attending and Active Listening

Do I seem engaged and interested when we meet and talk?

Am I able to grasp the meaning and feelings underlying the information shared?

Seeking and Verifying

Am I able to pull together main points of discussion to clarify issues?

Do I seem open to divergent ideas and perspectives?

Joining and Supporting

Am I able to convey support and appreciation for others' efforts to address problems?

Do I demonstrate a willingness to learn from others?

Am I able to provide information in a clear and non-judgmental fashion?

Am I able to achieve consensus when we are making decisions about goals, strategies, and plans?