

The LifeLabs Learning Playing Cards Method™

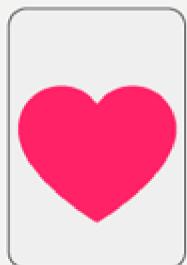
Poor quality feedback (avoid this!)



CLUB: Blurry critique

Picture someone 'clubbing' you on the head with criticism!

Ex: *You came across as rude in the meeting.*

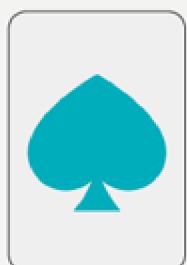


HEART: Blurry praise

Imagine heart candy: sweet but lacking in nutrients.

Ex: *You crushed that sales call.*

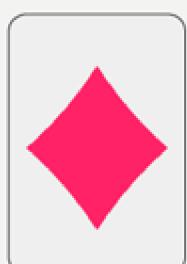
High quality feedback (do this instead!)



SPADE: Specific critique

Think of it as a sharp gardening tool that helps people grow.

Ex: *I noticed you rolled your eyes when Kris shared their feedback.*



DIAMOND: Specific praise

This concrete type of feedback is a valuable gem!

Ex: *I liked how you asked about the clients' needs before offering solutions.*

