GROW

Giving Feedback

- Greet (Start with a positive, check in, friendly tone)
- Reflect (Ask questions, engage thinking, encourage self-awareness)
- Observe (Give specific movement feedback, describe what you saw, use skill language)
- Wrap-up (Encourage and goal, share success and next step, thank your partner)

HEAR

Receiving Feedback

- Hold (Pause and listen, breathe, focus on the message)
- Engage (Show interest, ask questions, thank peer)
- Apply (Try suggestion, focus one cue, ask for follow-up)
- Respond (Thank them, share what helped, be positive)

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