

Feedback/Feedforward/Coaching

Feedback & Feedforward

Feedbacks information provided after performance ~~at~~ includes comments, suggestions, and/or evaluation of performance provided after the activity. The most effective feedback is provided in a timely manner, is devoted to observed behaviors, specific and helps the recipient understand how to perform more effectively.

Feedforwards information provided before performance ~~at~~ includes description of expectations and the timing and method of evaluation of performance provided before the activity.