

# Guide to working with me

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P&M  
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# guide to working with **ME**

Pet peeves about  
feedback:

- Wrong feedback
- Hypocritical feedback
- overly vague or inactionable

I can be very sensitive to some kinds of feedback, while other kinds tend to take a while/practice to sink in.

Also, false feedback can really mess me up

How sensitive am I to feedback?

How about email? Is coaching ok by email?

I think higher-bandwidth media are better, but sometimes you gotta do what you gotta do

I'll tend to get impatient & irritable

If triggered by feedback, how can others tell?

Give it time - I haven't forgotten & am definitely thinking about it

Advice for handling or interpreting my reactions.



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# guide to working with ME

If someone has coaching for me, here's my best advice for how - and when - to offer it, so I can hear it:

- Never when I'm hungry or - unless it's urgent & acutely stressed.
- Be brief, to the point, and actionable. Talk fast. Drawn out makes it exponentially worse.

Things I'm working on:

I don't always give feedback as I'd want to receive it.

Things I can be a little sensitive about?

Accepting that ppl aren't perfectly rational & sometimes might just feel bad w/o any reason

- People depending on me
- Although I'm bad at accepting it
- Praise does feel really good

When do I feel appreciated?



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