Scenario #1

Martha has a tendency to interrupt her colleagues in larger team meetings. You are worried that this causes more introverted team members to speak up even less. You decide to bring it up in your next 1:1 with Martha. Please give her feedback using SBI.

Scenario #2

Marco is not updating his progress in the project plan. As a result, you spend most 1:1s trying to understand where he's at in his project to make sure everything is on track. This is not what you want to use your 1:1s for. Please give him feedback using SBI.

Scenario #3

As one of her personal goals, Manami wanted to become more confident in public speaking. She recently volunteered to present the team's latest project at the department meeting and did a fantastic job. In your next 1:1 with Manami, you share this feedback with her using SBI.