

Who's on Your List? Helpful Feedback Network

This tool is designed to help you identify people who know you well and can provide helpful and constructive feedback on your storytelling and advocacy journey.

This could be someone who:

- Listens actively and attentively
- Offers honest and supportive feedback
- Understands your goals and aspirations
- Respects your unique perspective
- Encourages your growth and development
- Has knowledge or experience in storytelling or advocacy
- Shows empathy and understanding
- Maintains confidentiality and keeps what you have said to themselves
- Is reliable and available to provide feedback

01

What are the qualities or strengths you value most in someone who gives you feedback? Are there any others?
Write them down below.

02

Think about people you trust who understand what you are trying to do.
They could be friends, family members, mentors or community members.
Write your list below.

03

How might their feedback help you grow and improve?

04

Choose one person from your list to reach out to for feedback.
Make a plan of when and how to connect with this person.

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Remember, building a feedback network is a continuous process and you can add to or change your list as needed. These changes can be hard, so give yourself time to adapt.

Embrace the support and guidance from those who believe in your storytelling and advocacy goals!

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