



P&K
research

Client Services
Team Development

This is the seventh coaching pulse to help you apply the learning content from our sessions.

Apply the 1-10 Check-In: A Feedback Tool

The 1-10 Check-In is not a superficial tool. It is a structured conversation to help you find out how others are feeling, progressing, or functioning. You can apply it several ways:

1. As a way to assess emotional well-being: “How are you feeling about the project?”
2. As a way of checking on progress: “How are you doing with progress on a 1-10, with 10 completed?”
3. As a way to check in on overall functioning: How is it going with work right now?”

Collaborate to Plan Next Steps

Use it in a meeting, “How clear are you on the goal for this meeting?”

Once you get feedback on a number be ready for the next step by asking -

1. “What has to happen to get the number higher?”
2. “What can you do to move ahead?”
3. “What can I/the team/others do to help?”
4. “What help is needed to make progress?”
5. “What steps need to be taken to move ahead?”

Group Discussion: Who has used this tool and how can it be used in the future?

The Corporate Learning Institute / scain@corplearning.com / 1-800-206-6734

