

Hi All,

I guess we are all glued to TVs or watching the swimming in Beijing. It is interesting to make some observations. Here are some challenges:

1. How many swimmers are changing positions in the race during the turning phase of each race? I see many swimming coming into turns in front, and coming out even or behind, just as I see swimmers coming in behind and coming out in front. Turning world-wide appears to need attention.
2. How many of the podium athletes are going faster progressively through their rounds of heats, semi-finals and finals? This is a practised skill that must be learnt in minor competitions leading into the big ones.
3. How many losing swimmers are being passed in the last 50m? How many winning swimmers are moving forward with strong back ends in the last 50?
4. Viewing the underwater finishes, how many swimmers are winning or losing events based on a fingertip finish as against the negative palm of the hand finish?
5. How many relay teams are making the podium from lanes 1, 2, 7 or 8 (ie. the outside lanes)?

There are many other observations, but these are the ones that are fairly elementary and spring immediately to mind when watching the event.

What do you think?

Please find below the information below from Wayne Goldsmith regarding Feed Back vs Feed Forward. I know this is a new name for an old skill but it doesn't hurt to be reminded of it once again.

I hope you are enjoying the Olympic Games as much as I am.

Regards,
Bill Sweetenham 13/8/08

Feedforward
*positive suggestions to assist performance in the future
rather than highlighting reasons for "failure"*

Ten Reasons to Try Feedforward

1. **We can change the future.** We can't change the past. Feed forward helps people envision and focus on a positive future, not a failed past. Athletes are often trained using feed forward. Racecar drivers are taught to, "look at the road, not the wall." Basketball players are taught to envision the ball going in the hoop and to imagine the perfect shot. By giving people ideas on how they can be even more successful, we can increase their chances of achieving this success in the future.
2. It can be more productive to **help people be "right"**, than prove they were "wrong." Negative feedback often becomes an exercise in "let me prove you were wrong." This tends to produce defensiveness on the part of the receiver and discomfort on the part of the sender. Even constructively delivered feedback is often seen as negative as it necessarily involves a discussion of mistakes, shortfalls, and problems. Feedforward, on the other hand, is almost always seen as positive because it focuses on solutions.
3. **Feedforward is especially suited to successful people.** Successful people like getting ideas that are aimed at helping them achieve their goals. They tend to resist negative judgment. We all tend to accept feedback that is consistent with the way we see ourselves. We also tend to reject or deny feedback that is inconsistent with the way we see ourselves. **Successful people tend to have a very positive self-image.** I have observed many successful executives respond to (and even enjoy) feedforward. I am not sure that these same people would have had such a positive reaction to feedback.
4. **Feedforward can come from anyone who knows about the task.** It does not require personal experience with the individual. One very common positive reaction to the previously described exercise is that participants are amazed by how much they can learn from people that they don't know! For example, if you want to be a better listener, almost any fellow leader can give you ideas on how you can improve. They don't have to know you. Feedback requires knowing about the person. Feedforward just requires having good ideas for achieving the task.
5. **People do not take feedforward as personally as feedback.** In theory, constructive feedback is supposed to "focus on the performance, not the person". In practice, almost all feedback is taken personally (no matter how it is delivered). Successful people's sense of identity is highly connected with their work. The more successful people are, the more this tends to be true. It is hard to give a dedicated professional feedback that is not taken personally. Feedforward cannot involve a personal critique, since it is discussing something that has not yet happened!

6. **Feedback** can reinforce personal stereotyping and negative self-fulfilling prophecies. **Feedforward** can reinforce the possibility of change.

Feedback can reinforce the feeling of failure. How many of us have been "helped" by a spouse, significant other or friend, who seems to have a near-photographic memory of our previous "sins" that they share with us in order to point out the history of our shortcomings. Negative feedback can be used to reinforce the message, "this is just the way you are". **Feedforward is based on the assumption that people can make positive changes in the future.**

7. **Face it! Most of us hate getting negative feedback, and we don't like to give it.** I have reviewed summary feedback reports for over 50 companies. The items: "provides developmental feedback in a timely manner" and "encourages and accepts constructive criticism" almost always score near the bottom on co-worker satisfaction with leaders. Traditional training does not seem to make a great deal of difference. If leaders got better at providing feedback every time the performance appraisal forms were "improved", most should be perfect by now! Leaders are not very good at giving or receiving negative feedback. It is unlikely that this will change in the near future.

8. **Feedforward can cover almost all of the same "material" as feedback.** Imagine that you have just made a terrible presentation in front of the executive committee. Your manager is in the room. Rather than make you "relieve" this humiliating experience, your manager might help you prepare for future presentations by giving you suggestions for the future. These suggestions can be very specific and still delivered in a positive way. In this way your manager can "cover the same points" without feeling embarrassed and without making you feel even more humiliated.

9. **Feedforward tends to be much faster and more efficient than feedback.** An excellent technique for giving ideas to successful people is to say, "Here are four ideas for the future. Please accept these in the positive spirit that they are given. If you can only use two of the ideas, you are still two ahead. Just ignore what doesn't make sense for you." With this approach almost no time gets wasted on judging the quality of the ideas or "proving that the ideas are wrong". This "debate" time is usually negative; it can take up a lot of time, and it is often not very productive. By eliminating judgment of the ideas, the process becomes much more positive for the sender, as well as the receiver. **Successful people tend to have a high need for self-determination and will tend to accept ideas that they "buy" while rejecting ideas that feel "forced" upon them.**

10. Feedforward can be a useful tool to apply with managers, peers and team members. Rightly or wrongly, **feedback is associated with judgment.** This can lead to very negative unintended consequences when applied to managers or peers. **Feedforward does not imply superiority of judgment.** It is more focused on being a helpful "fellow traveler" than an "expert". As such it can be easier to hear from a person who is not in a position of power or authority. An excellent team building exercise is to have each team member ask, "How can I better help our team in the future?" and listen to feedforward from fellow team members (in one-on-one dialogues.)

In summary, the intent of this article is not to imply that leaders should never give feedback or that performance appraisals should be abandoned.

The intent is to show how feedforward can often be preferable to feedback in day-to-day interactions. Aside from its effectiveness and efficiency, feedforward can make life a lot more enjoyable. When managers are asked, "How did you feel the last time you received feedback?" their most common responses are very negative. When managers are asked how they felt after receiving feedforward, they reply that feedforward was not only useful, it was also fun!

Quality communication—between and among people at all levels and every department and division—is the glue that holds organizations together. By using feedforward—and by encouraging others to use it—leaders can dramatically improve the quality of communication in their organizations, ensuring that the right message is conveyed, and that those who receive it are receptive to its content. The result is a much more dynamic, much more open organization—one whose employees focus on the promise of the future rather than dwelling on the mistakes of the past.

Wayne Goldsmith

