Stop–Start–Continue Feedback Guide

Instructions: Use this structure for self-assessments or team feedback.

STOP – Habits or behaviours that aren't working
e.g., Interrupting others during meetings

START – What would improve outcomes or relationships
e.g., Following up on tasks with a short update summary

CONTINUE – What's going well and should be kept
e.g., Asking thoughtful questions during check-ins

Use it during check-ins, reviews, or even team retros.