Accepting Constructive Feedback
Don't Take It Personally

- Constructive feedback is intended to help you improve.
- The feedback is not intended as an insult.
- The feedback is not a reflection of your character.
Stop Your First Reaction

• Before you do anything – stop.
• Do not react.
Know The Benefits of Feedback

- Improve your skills.
- 'Failure' is a central part of learning.
Listen

• Listen closely to the feedback.
• Do not interrupt.
• Try to understand their perspective.
Ask Clarifying Questions

- Avoid debate.
- Ask questions about the feedback to better understand it.
- Avoid being defensive.
Thank the Person for their Feedback

- It's hard to give feedback.
- You don't have to agree with it...
- Acknowledge their effort.
Accepting Constructive Feedback

- Don't Take It Personally
- Stop Your First Reaction
- Know the Benefits of Feedback
- Listen
- Ask Clarifying Questions
- Thank the Person for their Feedback