

Accepting Constructive Feedback

Nicole Lindsay, Taking Constructive Criticism Like a Champ

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.

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