

Outcomes

Create a powerful culture that promotes learning and growth

This workshop can serve as a foundational element of a leadership or management development curriculum.

This offering works well for intact teams and individual contributors, as well as for managers and leaders.

The Art of Receiving Feedback

Most courses about feedback for managers focus almost exclusively about how to give feedback. The truth is that the far more important skill for us to develop is to be able to receive feedback—it's how we learn and how we grow as professionals and as people.

It's hard to receive feedback—there are lots of reasons to push back on it—to see it as wrong. Learning to receive feedback requires that we understand why feedback triggers us, know how to listen differently, and learn to actively seek feedback.

By learning to seek and receive feedback well, managers will both role model a feedback culture and learn, along the way, how to give feedback that is easier to others to receive.

This workshop will provide participants with tools and strategies to become better feedback receivers—and givers—and also enable them to bring their learning back to their teams.

Key Content

- Learning to approach feedback with curiosity
- Learning to ask for the feedback we need
- Recognizing the ways that feedback triggers resistance—and managing our resistance

Length

Two-hour to full day workshop. More practice and additional content in longer version.

Who can benefit?

All leaders and managers; also suitable for intact teams and non-managers