

Asking for Feedback Exercise

Objective: Gather feedback from your manager and peers to inform your professional growth over the next week.

Steps:

1. Select feedback opportunities:

- 1 from your manager
- 2 from peers

2. Focus on specific areas you're working on

3. Collect feedback:

- Ask for input from chosen individuals
- Write down insights gained

4. Reflect on feedback:

- Consider how this outside perspective can shape your growth strategy
- Use insights to inform your action plan