

HOW TO TAKE FEEDBACK



As A Manager And As A Subordinate



- Private setting
- Really listen (also to body language)
- Fight the urge to reply or explain yourself
- Focus more on listening, processing, and understanding
- Understand, validate, acknowledge

Follow The S.B.I Model



- Many people don't know how to give proper feedback - direct them
- Ask: When and how often does this happen?
- Ask: What exactly is my behavior?
- How does it impact you and the team? How can you improve?
- Thank them for their time/insight