Caption for the Instagram post:

Human beings are social by nature. Our inclination to change our behavior in reliance upon feedback from our fellows is a primary evolutionary adaptation mechanism. Feedback is our relationship with the world and the world’s relationship with us, it’s how we make an impact on other people.

Working in co-located environments, we are accustomed to making evaluations based on verbal and nonverbal signals: body language, tone of voice, facial expression, and many more. We’re great at picking up on various signals from others. When working remotely, people are isolated from these clues.

In the carousel, we've collected some important tips on how to provide and receive feedback correctly. Since the success of feedback depends on both sides.

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