Open to Communication and willing to accept feedback

When I work in group or with other people, one of my biggest challenges is being open to communication and accepting feedbacks.

I often tend to stick to myself, stay in my bubble and often try to do everything alone. For example, this semester I have two projects for two different classes. I decided to work on both of them alone instead of working on them with someone else. I often do that, because I find it difficult to communicate with others and it’s just easier for me to do it alone.

When it comes to accepting feedbacks, I often think that I pretty good job on accepting it, but a few times people told me that I wasn’t.

I tend to defend my positions firmly, it’s almost impossible to make me change my mind when I make a decision. But after doing the Myers Briggs Test and learning about my Personality test result it enlightened me about myself and made me see my weaknesses as well as strengths. For example, it made me realize that one of my biggest weaknesses is due to my shyness around people that are unfamiliar to me. That also sometimes follows me in every aspect of my life whether in school, personal life or professional life. I’m easy going but it just takes some times before I start communication with people. Once that burden of communicating with the person is crossed, it becomes easy for me to communicate with that person and exchange ideas.

As for accepting feedbacks, I usually accept feedbacks from people specially when it comes to the workplace. I often get criticized when it’s on other subject like personal believes or my position regarding some subjects. In the Meyer Briggs test the results suggested that I was an INTP which they also call a logician. I tend to think that my positions are logic and if we follow logic there is only two options (1 or 0) or (True or False). That cause me to defend every position that I make, because I usually think I have the truth due to my reasoning.

On the other hand, if the feedback is regarding an action that I have done or something regarding work. I usually accept it without any problem and use that feedback to avoid doing that mistake again or improve the way am doing things.

I believe that no one has the absolute truth or know everything, that’s why I usually accept feedbacks from any person because it can teach me something and serve me.

Moving forward, I think I need to be more open for communication. The module on communication give good points and several tips on how to improve our communication skills.

One of the first thing I would have to overcome is my shyness. If I overcome this fear of the unknown, or people who are less familiar to me it will help me be more comfortable talking in public or talking to others. This is a very useful skill for any job or managerial position.

Almost every job requires an interaction with others, and often people that we are not familiar with. I need to become more open and less fearful, it will make me more comfortable talking in public. Being able to talk in front of an audience is a key factor to be successful in any workplace or job position.

I also think that one of the best ways for me to be comfortable in this is by trying to work with others more often instead of just staying in my bubble alone.

For example, yesterday I was in a lab working on an assignment and another student asked me a question and after helping them with that we went on talking for almost an hour. I discovered that we shared a lot of interest when it comes to technology and we even decided to work in our class project together.

This can be critical for the work place, because if don’t communicate with people I could miss out in a lot of opportunities.