

Receiving feedback

How to receive feedback

Receiving feedback is an important skill and just as important as being able to ask for and provide feedback.

The aim of receiving feedback is to open yourself to a broad range of perspectives that can help you gain a better understanding of yourself and continue to learn and grow.

Skillfully receiving feedback helps strengthen the relationship between the provider and the receiver and helps you to fully understand it and consider how to use it.

Some key considerations that will help you be open to receiving feedback include:



Approach it with a growth mindset – be open and see genuine value in different views/opinions.



See feedback as an opportunity to maximize your ability to deliver impact, seek growth and inspire trust.



Remind yourself of your expectations – what are you trying to get out of the feedback?



Ask to discuss further where clarification is required.



Take the time to decide what action you want to take as a result of the feedback. Feedback is only valuable if it is acted on and you try to do something differently.

How effective am I at receiving feedback?

	A strength of mine	I need to focus more on this
I ask questions if I want to clarify feedback I've received.	<input type="checkbox"/>	<input type="checkbox"/>
I plan actions I can take as a result of the feedback I've received.	<input type="checkbox"/>	<input type="checkbox"/>
I'm open-minded and realize that feedback can help me improve.	<input type="checkbox"/>	<input type="checkbox"/>
I thank the feedback provider.	<input type="checkbox"/>	<input type="checkbox"/>
I take time to reflect and think about what I have learned from the feedback.	<input type="checkbox"/>	<input type="checkbox"/>
I ask myself "what would I do differently next time"?	<input type="checkbox"/>	<input type="checkbox"/>

Revisit this checklist in a few months' time to check your progress.