Feedback is the center of any improvement and growth process. The best leaders understand the value of continuous feedback for their organizations as well as for their personal development.

People want to know who they are doing and how they can improve their performance, but often receive feedback that is vague, overwhelming, or not useful. There is a plethora of information on how to give good feedback, but we often don’t feel equipped to ask for feedback or know best to process the feedback we received. The truth is that what happens with feedback no matter how accurate depends on the receiver.

This session turns the table to focus on how we as individuals can seek and process feedback in ways more likely to lead to growth. Participants will examine why receiving feedback is hard and why it is often not useful in helping us grow. In this interactive session, participants will learn how to ask for feedback, sort through positive and negative feedback, consider timing and triggers, and learn about the overall benefits of being a proactive receiver.

For more information or to schedule a session
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“I think feedback as constructive, not positive or negative. You choose to do what you want with it.”
Denise Morrison

“We can’t just sit back and wait for feedback to be offered, particularly when we’re in a leadership role. If we want feedback to take root in the culture, we need to explicitly ask for it.”
Ed Batista

“Criticism, like rain, should be gentle enough to nourish a man’s growth without destroying his roots.”
Frank A. Clark

“Employees who report receiving recognition and praise within the last seven days show increased productivity, get higher scores from customers, and have better safety records. They’re just more engaged at work.”
Tom Rath