

FIVE TIPS FOR GETTING FEEDBACK

1. **Create time for it.** Sit back and take it in. (And, if it isn't a good time, let the other person know!)
2. **Ask for praise.** People often start feedback with suggestions. Ask first to hear what the observer thought you did well. That is very important for learning and growth!
3. **Ask for suggestions** (rather than just "critique"). If the person doesn't have a suggestion, then ask again: What would you suggest I do differently?
4. **Keep perspective** on the feedback you get. You only need to listen to feedback – not to agree or act on it. That's your choice.
5. **Be open** to all sorts of feedback. It really is a gift and can only lead to growth.