



A GUIDE TO Receiving Feedback

"Feedback from one person is a perspective; feedback from two people is a pattern; but feedback from three or more people is likely to be as close to a fact as you can get."

- Tasha Eurich

Receive - with openness (take it in)

What are they really saying to me?

What am I doing to cause them to say this?

Reflect - with courage (think deeply about it)

What is true about this feedback?

When have I heard this feedback before?

Is this feedback worth listening to? If so, why?

Respond - with purpose (decide what to do)

Is there a change that I want to make in myself based on this feedback?

How can I appreciate the feedback regardless of whether or not I act?
