

Video

Lean In, Focusing on Feedback: <https://leanin.org/education/focusing-on-feedback/>

Summary

Everyone needs feedback in order to grow and fulfill their potential. It should be viewed as a gift. Feedback can point out strengths (this is positive feedback), or areas for growth (this is developmental feedback). In either case, it is an opportunity to build self-awareness, develop as an individual and as a professional, and improve your performance.

When you receive feedback, you may need to ask for clarification or specific examples, regulate your emotions, solicit other perspectives or advice from colleagues, and then apply what you've learned.

Plan for Application

Given what you've learned, consider the following questions:

- What are your 1-2 major takeaways from this video?
- How does this change how you will give feedback, either in a formal or informal manner?
- In the past, do you think you have received feedback well? What would you change about how you have received feedback?
- What might you do differently next time you receive feedback, after watching this video?

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Action Items

1. See attached Learning Guide
2. Coming soon: Micro-Learning Library