



Giving Effective Feedback in Personal or Work Situations



Overview/ Description:

Giving effective feedback is difficult. Most people avoid opportunities to give constructive feedback and give infrequent and often unhelpful positive feedback. This session addresses strategies on how to deliver effective feedback at work or at home. The training will offer multiple examples and provide participants with ample practice to learn how to give feedback that helps individuals improve performance.



Workshop Objectives:

At the end of this workshop, you will be able to:

- Identify when it's best to give positive feedback vs. when to give critical feedback
- Identify when it's best to praise effort vs. talent
- Discuss uses of "positive intent" when giving critical feedback
- Employ image-centered compliments
- Use judgment-free language to reduce defensiveness and creative freeze
- Identify and practice simple strategies to initiate feedback delivery



TARGET AUDIENCE:

THIS WORKSHOP IS FOR ANYONE WHO WISHES TO IMPROVE THEIR DELIVERY OF FEEDBACK



EXPECTED DURATION:

45-60 MINUTES