



Reflections
On
Feedback Conversations

Part 2:
Receiving Feedback Constructively



Exercise 5: ACTION

Please pause the video and write down three action steps you can commit to taking in the next day, week and month to enhance how you give and how you receive feedback. Flesh out your plan as much as you can before this session ends. The more detail you include, the better prepared you will be to successfully navigate these action steps!

1. Action Step One:

2. Action Step Two:

3. Action Step Three: