# Receiving Feedback at Work

# Benefits of Constructive Feedback

Insight and Perspective

* Everyone has a unique perspective. Hearing from others helps us to identify mistakes or ideas we may have overlooked.

Helps Build Rapport

* Receiving feedback from an employer or co-worker means they believe you are capable and want to see you succeed.

Trustworthy Workplace

* When feedback occurs constructively in the workplace, it creates a transparent and collaborative environment.

# Once Feedback Has Been Provided

* Manage your reaction – there are great methods you can learn to ensure your initial reaction doesn’t sour this opportunity to learn and grow.
* Listen to understand! Feedback isn’t always easy to give so the person giving you feedback must be raising it for a reason. If you find it useful, repeat the feedback to the person for clarification and to ensure you understand it correctly.
* Ask and clarify – this is a great way to learn more about what has occurred and what the expectations are.
* Set an action plan for moving forward. Build in accountability to the person who gave you the feedback so that you are supported and can be coached.
* Follow-up – make sure you are meeting the expectations set out.

Want more support?

Contact CCRW for support as a worker with a disability.