



How do I gather and embrace feedback?

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Grace Gavin



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**What is some of
the best
feedback that
helped you grow
to the next level?**

**What holds you
back from asking
for real
feedback?**

OPENNESS IS...

Listening without reservation,
putting your needs and wants
on pause for someone else.

HONESTY IS...

Being truly and freely yourself,
speaking into what you want
and how you feel.

FOUR THINGS TO CREATE REAL FEEDBACK

Giver:

- 100% Honest, 100% Loving
- Prepared

Receiver:

- 100% Open
- Growth Mindset

**In order to
receive, you must
be willing to give.**

86% of participants wanted to
receive feedback

Only 48% wanted to give
feedback

YOUR HOMEWORK

Answer Two Questions

- Who will you ask for feedback from?
- Who do you need to give the gift of feedback to and what is it?

Q&A

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