

**Date:**

Tuesday, May 14th

Time:

2:00-3:00pm

Presenter:

Steven Bernstein, LMHC

Registration URL:

<https://attendee.gotowebinar.com/register/2122550415565693697>

MIIA Professional Development Training

Working Effectively with Constructive Feedback

We all know that feedback can be hard. But, we also know that it's through feedback that we learn and grow in the workplace. So, the trick is how to hear it and use it without....personalizing it. It may depend on our boss's tone, for sure, but it also depends on our own willingness to take it in. Indeed, the research is clear that the employees, who make the best use of feedback, are also the ones who advance the most effectively in the workplace. Here we'll look at how not to personalize; how to focus on reason and not emotion; and how to ask for further clarity when needed around feedback. Remember, 'QTIP.' Quit-taking-it-personally.

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