



THE ART AND SCIENCE OF FEEDBACK



There's no denying that feedback is hard. Whether you are on the receiving end or the one providing the feedback, the moment the words are about to be shared, our heart starts to beat faster. There is an art to giving and receiving feedback. Learning how the brain works and creating personal strategies to manage our emotions, will prepare us to boldly share feedback in a way that will elevate ourselves and others.

Learn how to give and receive feedback in this interactive session.

LEARNING OBJECTIVES:

- Define the purpose and significance of feedback
- The neuroscience of feedback
- Three types of feedback in the workplace
- Create a productive conversation using a simple feedback process
- Build confidence and trust for courageous conversations