Learn on your own

- Learn the criteria for providing good feedback by reviewing this article on 7 Criteria for Good Feedback.
- Discover how to give feedback that works by reviewing this article.
- Improve your feedback skills by learning the Situation, Behavior, Impact (SBI) method to ensure clear, concise, and specific feedback.
- Continue to improve your feedback skills through these Lynda.com videos on How to Give Employee Feedback.
- Learn how to receive feedback and criticism by reading this article.

Learn from others

- Ask someone you know if you can give him/her feedback. You may want to use practice scenarios first.
- Ask your manager, direct report, or team to give you feedback on how you can improve your feedback skills.
- When receiving feedback, remember to use your active listening skills, don’t argue, say “Thank you,” think about it for a while, and then make a plan to implement the changes.

Learn by doing

- Ask a colleague if he/she would be willing to hear feedback from you on a topic. Ask that he/she give you feedback in return on how well you delivered the feedback and whether it was specific, considerate, and useful.
- Schedule regular meetings with your manager and/or employees to discuss performance and provide feedback.