Giving and Receiving Feedback
Learn Now Guide

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.