

# GIVING & RECEIVING FEEDBACK

HOW TO BUILD RELATIONSHIPS, GROW AND  
IMPROVE PERFORMANCE

No one has 100 percent insight into the real meaning of what is portrayed by our behaviours and actions.

Most people believe they are doing the right thing. Not listening or taking on board feedback can put many relationships at risk, personally and for the organisation. By learning and building the skill of providing feedback; delivered in a way that is welcomed and utilised can only help make collaboration more effective.

We all believe we give and receive feedback well, research suggests this isn't always the case; it also asserts that when we do receive feedback our motivation and performance is directly correlated to it.

Most people would agree they find taking feedback the hardest thing to accommodate and yet it is a very effective way of developing ourselves

# TACKV



1 Day Interactive Course

This is a key skill that will be a benefit to anyone in the organisation

For more information, visit  
[www.tacktmimalaysia.com](http://www.tacktmimalaysia.com) or call us on  
+603 - 62034410

## THIS COURSE WILL ENABLE YOU TO:

- Practice giving and receiving feedback in a positive environment
- Relate to why people avoid giving and receiving feedback
- Learn the do's and don'ts of giving and receiving feedback
- Anticipate and plan to handle a range of emotional responses which might occur in the receiver to whom they are giving feedback
- Identify in the preparation stage the possible reactions and feelings triggered when giving feedback to other people
- ... and many more!



WE BELIEVE IN THE INDIVIDUAL

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