





e-learning

## Giving and receiving feedback

You have put in a great deal of effort and feel you have done a really good job. But you didn't receive any feedback. How should you know what you could do better next time? You need feedback for your personal development. Plus, feedback is the key to respectful communication and better collaboration.

But what constitutes constructive feedback? What should you take into consideration when giving someone else feedback? And what's the difference between praise, criticism, and feedback?

This e-learning course will answer all of these questions, and much more. Use feedback to contribute to a good working atmosphere, constructive conversations with your peers, and mutual development.

Booking Number: 30680

Group of participants:

All employees and managers who live or want to live a good feedback culture in their company.

Duration: approx. 1,5 hours

Language: 💻 💥

Unit price:

€ 49,- zzgl. MwSt. | € 58,31 inkl. MwSt.

Package prices from 50 licenses on request

## **Learning objectives**

- You will understand what feedback is and what value it adds.
- You will know what factors play a role when giving and receiving feedback and understand why and how they
- You will be able to differentiate between praise, criticism, and feedback.
- ✓ You will be able to give constructive feedback.
- You will know how to respond to feedback and how to better accept it.

## **Contents**

Perception and communication

What influences my perception?

What influences how I communicate? What is feedback?

What is feedback about?

What's the difference between praise, criticism, and feedback? How do I give feedback?

What role do emotions play for feedback?

What constitutes a respectful attitude?

How do I communicate using I-statements?

What can I give feedback on? How do I accept feedback?

What effect can feedback have?

How does my attitude influence how I accept feedback?

What role does active listening play when receiving feedback?

What will I learn in this e-learning course?

