



**ART OF COACHING PODCAST™ EPISODE 281
HOW TO GET BETTER AT RECEIVING FEEDBACK**

Why do we have such a hard time receiving feedback (think psychologically and physiologically)? (Hint: cognitive dissonance is one reason given in this episode).

What happens when YOU get negative feedback? Do you get defensive? Try to rationalize? Do your emotions take over? OR are you able to remain calm and receive the feedback graciously? If your answer is "it depends", what does it depend on? Describe the circumstances that affect your response.

How do you receive feedback from those who are closest to you? (I.e. your direct superior, your friends or your family). Are there some people you don't respond well to simply because you're TOO close to them?



Would you rather get broad & vague positive feedback OR specific & clear constructive (negative) feedback? Why?

Who should you NOT take feedback from? In what circumstances is it okay to ignore feedback you've received entirely?

Why does Brett suggest that we look for trends / patterns as opposed to occurrences when it comes to feedback? What's an example of an occurrence you took too seriously or a trend you might need to think more deeply about?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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