

### **Feedback skills**

Giving or receiving feedback is the Art of keeping our mind and our heart open to always be a student.



Source: <https://pixabay.com/>

“There is no failure, only feedback”. Robert Allen.

“The single biggest problem in communication is the illusion that it has taken place.”

– George Bernard Shaw

**TAGS:** Social - Communication Skills, Decision Making, Building Community & Embracing Diversity, Leadership and Empowerment, Politics and Influencing Whole System - Vision and Purpose

#### **CHALLENGE:**

It is easy to think that people do things that bother or annoy me. Where is the responsibility here? Outside me. So it is difficult to manage that situation, because something outside me needs to change for me to feel better. But, what would happen if I take the responsibility of what I feel? What happens if I can do something about how I feel? Yes... that is empowering!

And we need to express such things, communicate. Specially when we work in teams, we need to develop a culture of giving and receiving feedback.

#### **SOLUTION:**

Increase our ability to give and receive feedback as a team will help us grow. Developing this capacity will help us face major conflicts or prevent them escalating. However, we need to be careful with the context in which people are not used to give and receive feedback.

It is important to note the target goal, and my intention: am I releasing something and feeling better, or will this feedback serve to the common good?

#### **REFERENCES:**

<https://www.cnvc.org/>