How to Receive Criticism and Make it Work for You

Overview/Description
Receiving criticism is an important and valuable skill. To achieve success in any endeavor we must be able to tolerate critical feedback and learn from it. However, receiving criticism is difficult for most people. Upon receiving criticism we feel vulnerable and become defensive and thereby miss opportunities to benefit from feedback. This workshop will help you explore why we become defensive, deliver tips for knowing when your “hot button” has been pushed and how to accept and integrate useful criticism. The training will also instruct through examples and/or role plays.

Target Audience
Anyone looking to learn and grow through the criticism they receive from others.

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

Describe why criticism sometimes hurts
› Identify emotions that get triggered when one is criticized
› Describe how feedback can feel like an attack on your identity

Identify ways to respond effectively to criticism
› Describe methods used to protect your ego
› Identify ways to acknowledge that you heard the feedback
› Describe the types of probing questions you can ask to reap benefits from the criticism