

Learning to ask for feedback in order to grow professionally

Why we avoid asking for feedback



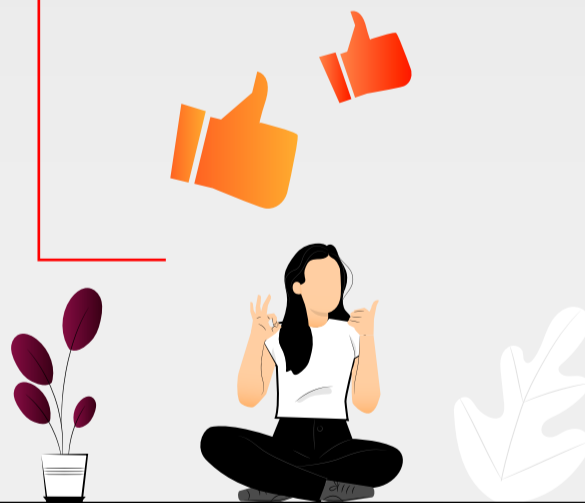
Tips on how to start asking for feedback at work

Feedback is not criticism, it is a way to improve and learn something new.



Think about growth

Breathe, listen and be grateful.



Take it easy

Use what they tell you to make changes and show that you care about improving.



Do something with it

What are the benefits of asking for feedback?



Your productivity improves.



You tackle issues before they escalate.



You improve relationships and build trust.



You discover your own unnoticed positive aspects.