

Ordinary People. Extraordinary Lives.

"How to Respond to Blind Spot Feedback" Part 2

Episode 117

Blind spots: Not knowing what you don't know.

- this process is especially important when you are given unsolicited feedback.
- when receiving feedback, we will:
 - A. Not surrender our dignity or worth
 - B. Recognize the world is bigger than us.

STEPS TO RECEIVE BLIND-SPOT FEEDBACK:

1. Start with humility.
2. Receive feedback with a growth mindset.
3. Verbally respond to feedback
4. Ask, "What am I doing or saying that's creating this experience?"
5. Listen (Reflective, Active, Interpretation)
6. Ask clarifying questions.
7. Pay attention to emotional triggers.
8. Ask, "What do you need from me moving forward?"
9. Separately: privately explore feedback for growth moments.
10. Make changes through coaching, counseling, healing, learning
11. Follow-up with the person who gave feedback.