

Dealing with Negative Feedback

The positive feedback is something that everyone likes to receive or give. However, it is obvious that no one likes to give, or receive, negative feedback, but sometimes it is important because the criticism is an inevitable part of life in the workplace. Depending on the way how the negative feedback is given it can help the recipient and be a key to success, or it can be very disturbing and discouraging.

Most important is to treat the negative feedback as an opportunity to show a capability for learning and growth. A positive attitude needs to be built to accept the negative feedback with openness and gratitude. Many people may actually think the negative feedback is positive because it is point of view to improve his or her performance levels. However, negative feedback is a way to show that probably a change is needed and needs to be used as a positive learning opportunity.

- Accept the negative feedback
- Use negative feedback as a chance to clarify goals

In the end, we have to remember that in order to improve, sometimes means accepting negative feedback. The fact that reviews and feedbacks are tools which guide and helps businesses and companies to better understand the customer's needs regarding their product and services and a way of improving them.

Reference:

Wilson D. (2012) How to use Negative feedback to your advantage at work Online at: <http://www.fastcompany.com/3002460/thick-skin-thinking-how-use-negative-feedback-your-advantage-work> [Accessed 26th March]