Workplace Strategies for Mental Health

Compliments of Canada Life

E-learning module

Interpret negative feedback accurately

We can choose to hear negative feedback as information, rather than criticism or absolute truth. In this way, we consider its value, understand different perspectives, and ultimately decide if the feedback is helpful.



Pause

Notice your reaction



Assumptions

Challenge your thoughts



Focus on facts

What was actually said?



Seek clarification

Understand if there's an opportunity to learn

Learn more about interpreting negative feedback accurately:

Interpret negative feedback accurately
clwsmh.com/interpret-feedback

Provide negative feedback constructively
clwsmh.com/constructive-feedback

Coaching up: Advocating for yourself at work
clwsmh.com/coaching-up

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life. To learn more, visit clwsmh.com.

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