

RECEIVING FEEDBACK FROM YOUR MENTOR

Feedback provides you with another person's perspective and insights. It is critical for your improvement and professional development.



Enrollment & Pairing Goals & Expectations **Mentoring Meetings** Assess Successes Report Results

Apply this content during the Mentoring Meetings section of the Mentoring Lifecycle. Applying the best practices below will allow you to maximize your growth potential when receiving feedback.

Self-Awareness

- Be aware of your own emotions in the moment.
- Be mindful of body posture and non-verbals.
- Analyze yourself for areas of improvement.

Actively Listen

- Be engaged with the conversation, avoid distractions.
- Intently listen to ensure thorough understanding.
- Repeat back what you hear to check understanding.

Stay Positive

- You determine how you handle feedback received.
- No need to argue or debate; just listen.
- Feedback helps identify areas for growth.

Stay Open

- Be curious and open to new ideas or approaches.
- Understand the feedback and how to take action.
- Ask for advice and make notes to review later.

Be Thankful

- Value the Mentor's time, perspective, and feedback.
- Express gratitude for their help with your professional growth.
- Appreciate their willingness to provide guidance and advice.