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	Table 3-3. Using Feedback	
	Giving Feedback	
	1. Focus feedback to team results.	
	2. Base your perceptions on specific incidents and facts. Avoid opinions.	
	3. To avoid defensive positioning, involve the other person in the conversation.	
	4. Develop a plan of action that is jointly agreed upon.	
	5. Summarize the communication and the plan of action.	
	6. Let other people know you appreciate their participation and openness.	
	Receiving Feedback	
	1. Listen carefully to the major areas being addressed.	
	2. View the feedback as an opportunity for growth.	
	3. Ask for clarification by asking questions and paraphrasing key points.	
	4. Prove your point of view of the situation while remaining objective. Avoid making excuses.	
	5. Offer your ideas about how to improve or change the situation.	
	6. Schedule a follow-up meeting to give a progress report.	
	7. Thank the person for wanting to help you by giving you feedback.	









