

Giving constructive feedback

TRAINING

How do you get your point across in a constructive way?

You are not satisfied with someone's performance. Or you are annoyed by your colleague who makes too much noise. Yet you keep quiet. Because giving feedback is tricky. And it's not in your nature to be straightforward. You don't want to come across as meddlesome and certainly don't want the other person to feel offended. Too bad. Because by keeping the peace, you miss opportunities. For yourself and for the other person. Nothing changes and the irritation simmers on.

Our training gives you the tools and insights you need to take the bull by the horns. You learn to say what you think in a constructive way. A gift for yourself and the other person. Because feedback makes people grow. It exposes blind spots, helps to solve a problem, to motivate, to get everyone on the same page. The result? Better communication, more transparency and better cooperation. In short, there are plenty of reasons to invest in yourself and your relationships through this training.

LENGTH

half a day or a full day

NUMBER OF PARTICIPANTS

between 4 and 12

LANGUAGE

Dutch or English



LEARNING OBJECTIVES

In a nutshell: what will you learn during the training?

How to give equal attention to what you appreciate, as to what bothers you. .

That you should choose the appropriate time and place for a serene conversation

How to clearly define your purpose of the interview beforehand.

How to speak from a connecting intention and create emotional safety.

Why you only share information when you are proverbially 'online' with the other person.

How to communicate solution-oriented instead of problem-oriented.

How you express what you feel and need.

How to clearly say what it stands for by playing on the ball and not on the person.

How to give the other person enough space to speak.

How to make concrete agreements.

You can opt for a half day or a full day of training. The content remains the same. However, if you opt for the shorter version, the pace will be a bit faster. During a full day, there are more practical cases.

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