

Processing Feedback

01 What steps do you take to reflect on feedback after receiving it?

02 How do you prioritize which feedback to act on first?

03 How do you differentiate between feedback that is immediately actionable and feedback that requires long-term changes?

04 What role does self-reflection play in processing feedback?

05 How do you document feedback to ensure you don't forget it?

06 Can you share a method you use to determine if you should proceed with feedback?

07 How do you balance multiple pieces of feedback from different sources?

08 What strategies do you use to prevent feeling overwhelmed by negative feedback?

09 Do you incorporate feedback into your personal development plans? If so, how?

10 How do you seek support or clarification if you're unsure how to act on feedback?
