

# Seeking Feedback

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Why is seeking feedback important for personal and professional growth?

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**02**

How do you choose whom to ask for feedback?

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What strategies do you use to make it easier for others to give you honest feedback?

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**04**

Can you share a time when seeking feedback led to a significant improvement for you?

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**05**

We can also seek feedback indirectly by observing others. In what ways has observing others improved your performance?

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**06**

How do you ensure you seek feedback regularly rather than only in certain situations?

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**07**

What questions do you find most effective when seeking feedback?

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When you seek feedback, do you ensure your giver has time to respond? If so, how?

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**09**

How do you feel when others seek feedback from you? Does it change your perception of them?

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How can seeking feedback improve your relationships with colleagues or peers?

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