

## Activity 2| Pitfalls of Receiving Feedback

### Participant Guide

#### Questions for Group Discussion:

Tell about a time that you were given feedback and you did not respond positively. Why not? What could you have done differently?

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What does it mean to be too self-critical?

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What are some of the ways people react to feedback when they are too self-critical?

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How does being stubborn impact a person's ability to receive feedback?

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How could these two pitfalls impact our team's effectiveness?

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How can being more open to feedback grow our leadership capacity?

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