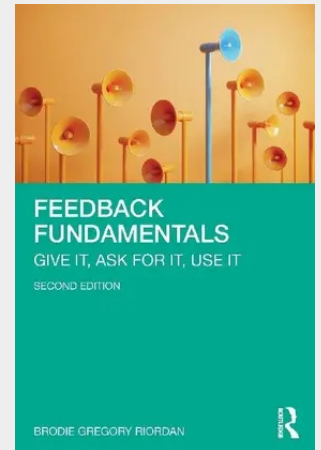


Feedback Fundamentals

Give It, Ask for It, Use It

Now in its second edition, this engaging book takes a deep dive into feedback fundamentals, providing a clear and evidence-based approach to show what makes effective feedback exchanges, and how people can learn and grow from negative feedback, as well as utilize technology to deliver impactful feedback. Feedback Fundamentals: Give It, Ask for It, Use It balances research, testimonials, and practical tools to provide readers with a thorough understanding of feedback exchanges. Critical findings from decades of research in psychology, business, and other disciplines are distilled into tools and strategies that readers can easily adopt in their own lives, regardless of who they are or what they do. Equipped with practical activities, reflective questions, and case studies, this book has a wealth of examples from a variety of people and situations, both within and outside traditional work contexts. This new edition draws together findings from the education context, the COVID-19 pandemic, and the rise of technology to provide easy-to-implement strategies for having thoughtful and constructive conversations about feedback. Feedback Fundamentals: Give It, Ask for It, Use It is an excellent resource for professionals, leaders, and anyone from any industry or stage in life looking to give better feedback, proactively ask for feedback, gracefully receive feedback, and put that feedback to use.

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