Level Up
G U I D E

THE FEEDBACK FILTER
W/JOHN BARRETT

LEVEL UP

SESSION SUMMARY:

In this video, John Barrett emphasizes the critical role of feedback in achieving one's potential, particularly in leadership. He illustrates this with personal examples, asking if he is a good husband or father, and pointing out that it's not his own opinion that matters but the feedback from his wife and children. Similarly, for leaders, it's the feedback from their team that truly reflects their effectiveness. Barrett introduces the concept of the "feedback filter," a method to discern and utilize feedback constructively. He outlines the importance of seeking feedback regularly, not just during formal evaluations like 360-degree reviews. The feedback filter consists of evaluating who is giving the feedback, what is being said, why it's being said, how often similar feedback is received, and now, what actions to take in response. Barrett encourages leaders to grow from feedback rather than dismiss it, as this is the path to true improvement and success.

GROUP QUESTIONS:

1. How do you typically react to feedback, especially when it's unexpected or challenging?

2. Can you share an instance where feedback led to a significant improvement in your personal or professional life?

3. How do you differentiate between constructive and destructive feedback?

4. What mechanisms do you have in place to seek and receive feedback regularly?

5. How can we ensure that we are not dismissing feedback due to pride or discomfort?

6. In what ways can we create a culture that encourages open and honest feedback within our teams?

7. How can we apply the "feedback filter" to our current leadership practices?

8. What steps can we take to grow from feedback rather than just go on without change?

APPLICATION:

This week, challenge yourself to seek feedback from at least three different people in different areas of your life. It could be from a family member, a colleague, or a friend. Use the feedback filter to process their insights and identify at least one actionable step you can take to grow from what you've learned.