



THE  
**JOHN BARRETT**  
LEADERSHIP PODCAST



# LEADER GUIDE



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## Notes

### Episode 52: How To Receive Hard Feedback

You will never be your \_\_\_\_\_ if you don't learn how to receive hard feedback.

#### The Two Responses To Hard Feedback:

1) \_\_\_\_\_ It?

2) \_\_\_\_\_ It?

Here's the good news: the more you \_\_\_\_\_ it, the better you'll get.





# Reflection

## Episode 52: How To Receive Hard Feedback

### Episode Summary:

Mastering the skill of receiving hard feedback is essential for leadership success. This message explores why feedback is difficult to accept, the two possible responses we can have, and practical strategies for turning criticism into growth opportunities. Learn why the most successful leaders actively seek feedback while others remain defensive, and discover the power of responding with 'thank you' when faced with constructive criticism. The discussion covers how to ask clarifying questions, focus on future improvement rather than past defense, and create a team culture where honest feedback is valued and encouraged. Whether you're leading a small team or a large organization, these principles will help you break through leadership plateaus and reach your full potential. Discover practical steps for soliciting feedback effectively, training your team to communicate honestly, and transforming criticism into your most valuable growth tool.

### Reflection Questions:

- What is your typical first reaction when receiving hard feedback?
- Why do you think most people struggle with receiving difficult feedback?
- How can responding poorly to feedback damage relationships and team dynamics?
- What does it mean to let feedback 'refine you, not define you'?
- How can we create an environment where people feel safe giving honest feedback?
- What's the difference between rejecting feedback and disagreeing with it respectfully?
- How can asking future-focused questions make receiving feedback easier?
- What steps can you take to improve how you receive feedback?