

# Use Your Performance Feedback

## The Importance of Feedback

Show initiative by gathering feedback to help you grow. It can be your biggest advantage when applying for your next position, if you use it correctly.

## Tips On Feedback

- Ask for feedback frequently – If people know you want it, they are more likely to provide it.
- Listen to what people say – Think about what they're saying and try out their suggestions.
- Don't take it personally – Feedback is based on performance – what you do, not who you are. Even though it may sting a bit, it's best for your career to modify and improve what you're doing.
- Give feedback to others – You can learn a lot from teaching others, plus you can help create a team of associates who freely provide feedback to each other. That's a recipe for success!



## Best Places to Find Feedback

- Formal Performance Conversations – Meetings with your manager or supervisor such as Mid-years, Annual Reviews, One-on-Ones and specific development conversations.
- Informal Conversations – Information you gather from unplanned conversations with your manager, talking to your peers and customer complaints or acknowledgements.
- Other – There are additional resources you may come across such as feedback surveys, performance metrics, promotions or special training.

## Turn Your Feedback Into Action!

- Use feedback to identify the skills you need to develop. Once you've identified them, include these skills in your development goals using the [Development Blueprint](#).
- Take on new challenges that will build your skillset. See an opportunity in a new project? Take it. Inquire about classes that could help.
- Once completed, ask for feedback to determine if you are improving in a certain area.
- Use feedback to monitor your progress. If you don't ask, then you might miss out on some good information. Track your progress and see how much you can grow.