DEALING WITH CRITICISM: GIVING AND RECEIVING FEEDBACK

From the comments in red pen in the margins of papers to the peer review process to the eye-rolls and laughter of an audience during a presentation, much of the academic exercise of advancing knowledge is based on the concept of giving and receiving feedback. While the skillful exchange of feedback can be very fruitful, it is difficult to be criticized and it can be equally difficult to provide constructive negative feedback. In this workshop, we frame feedback as a resource and work through a series of exercises to improve how we formulate what we say to others, and how we process what others say to us. The skills developed in this workshop are applicable to academic and non-academic workplaces.

Facilitator: Dr. Aftab Erfan is Director of Dialogue and Conflict Engagement at the UBC Equity and Inclusion Office and teaches at the School of Community and Regional Planning. Developing the capacity of the UBC community to engage skillfully with conflict is a large part of her mandate.

This session is part of Thrive, a month long celebration, with events and initiatives focused on building mental health through the Thrive 5. Check out other Thrive events at thrive.ubc.ca

For full details and to register, please visit: grad.ubc.ca/about-us/events/18023-dealing-criticism-giving-receiving-feedback