

Giving and Receiving Feedback

Feedback that Fuels Growth: Mastering the Art of Giving and Receiving Feedback

This programme empowers managers with the skills to transform feedback into a constructive, two-way conversation that builds clarity, trust, and alignment. Participants will learn how to give feedback that is intentional and actionable, while also receiving feedback openly to strengthen team relationships.

What You Will Learn

This programme has been specially designed for you to:

- Understand what feedback is and why it's important at work
- Learn why people react strongly to feedback and how to manage those reactions
- Use a simple method to give developmental feedback that helps others improve
- Use a clear structure to give appreciation feedback that motivates and encourages others

How You Will Benefit

When you apply what you've learnt at work, you will be able to:

- Spot opportunities to give helpful feedback
- Stay calm and open when receiving feedback, even if it feels uncomfortable
- Give feedback that helps others grow and take action
- Share appreciation in a way that makes people feel seen and valued

Delivery Modes



Remote via
laptop and desktop

3-hr multi-modal learning
delivered over 2 weeks



Week 1

**Self-paced Lesson -
Giving and Receiving
Feedback (1 hour)**

via ROHEI Online
Learning Platform



Week 2

**Live Class Session -
Peer Processing &
Application (2 hours)**

via Zoom Meeting



Speak with us



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