



5 THINGS YOU NEED TO KNOW ABOUT DEALING WITH NEGATIVE FEEDBACK

Use this quick read to get some key information on building and sustaining your career, dealing with gender bias in your workplace, and making change. Feel free to share this resource with colleagues and friends.

Getting negative feedback is never easy, but it's also not the end of the world or even your career. Everyone receives constructive criticism at some point, but it's what you do next that will determine how you grow from this situation. Here are few helpful ideas:

1. **Pause.** Take a moment and remember that negative feedback is not the worst thing in the world. The person giving you feedback is not personally attacking you, rather they see that you have the ability to do better.
2. **Clarify.** Always ask for clarification from the person giving you feedback, this will ensure that you are both understand the issue at hand and how it can be resolved. This will also show your supervisor that you take the issue at hand seriously and want to make improvements.
3. **Show initiative.** Edit, update, and re-submit the work you received negative feedback on as soon as possible, you may even want to ask to work collaboratively with the person who gave you feedback.
4. **Be Confident.** Don't let negative feedback stop or hold you back. Remember constructive criticism is part of everyone's career and it is not a reflection of who you are, but rather how you can improve.
5. **Use Feedback to Change.** Set specific, measurable, and actionable goals moving forward. Allow negative feedback to help you make positive changes that will better your career in the long run.

Find us on Facebook! Use #GEMMuseum to talk about GEMM or tag us on Twitter @The_GEMMuseums.

www.genderequitymuseums.com | ©GEMM: Gender Equity in Museums Movement