

# APPROACHING OTHERS

Show You CARE!

## “Feedback”

How do you receive feedback?

### What do we know?

- We can reduce injuries if we are willing to approach each other.
- We have to step out of our comfort zone to approach others.
- We also have to receive feedback with the right attitude.

### How should you respond to feedback?

- Listen actively & take the feedback seriously.
- Assume they have your best interest at heart.
- Respond with respect.

### Discussion Questions:

- How do you keep from getting defensive?
- How do you show you are listening? Why is it important?

### Take Away

- Make an effort to listen actively and treat the person with respect. Remember: It takes two to speak the truth – one to speak and another to listen.