Goskills

Using Emotional Intelligence to Tactfully Deliver Feedback

GoSkills online course syllabus

Skill level
Beginner

Lessons
11

Pre-requisites
No prior experience needed

Video duration
18m

Estimated study time
18m 42s

Instructor
Linda Croyle

Introduction

1 How you improve
Feedback is essential for growth in all aspects of life.

Understanding Yourself and Others

2 Key components of feedback
Feedback is more than just critique; it's a powerful tool for growth and connection.

3 Emotional intelligence
Emotional intelligence is the key to effective interpersonal relationships and self-management.

4 Iceberg psychology
Understanding the "iceberg psychology" concept can revolutionize how we perceive and interact with others.

5 Understanding communication patterns
Communication patterns are crucial to effective interaction and understanding in both personal and professional settings.

Giving Emotionally Intelligent Feedback

6 Allyship and feedback
Effective feedback is a cornerstone of growth and improvement in any relationship.

7 Importance of respect
Respect is fundamental in any work relationship, regardless of personal feelings.

8 Considering body language

Body language significantly influences how feedback is received and understood.

9 Considering environment

The setting in which feedback is delivered significantly impacts its reception.

10 Managing negative responses

Anticipating and managing negative responses to feedback is crucial for maintaining effective communication.

Conclusion

11 You've got this

Congratulations!

Go to GoSkills.com