

GETABSTRACT REVIEW OF

The Truth Doesn't Have to Hurt

How to Use Criticism to Strengthen Relationships, Improve Performance, and Promote Change

Drawing from research on workplace stress levels and the impact of criticism, performance consultant and former Olympic diving hopeful Deb Bright offers strategies to cultivate a feedback-friendly environment, master the art of delivering constructive feedback, and handle critiques with composure. In *The Truth Doesn't Have to Hurt*, she provides actionable advice to individuals and teams to embrace criticism as a catalyst for growth, resulting in a workplace that thrives on healthy, productive feedback.

Discussion Questions

1. How can we balance the need for constructive feedback with maintaining positive relationships in the workplace?
2. How can we encourage a growth mindset within our team or organization when it comes to feedback?
3. What are the key elements of a workplace environment that is conducive to feedback?
4. In what ways can embracing healthy, productive criticism benefit a workplace and its employees?
5. Can you think of any personal experiences where giving or receiving criticism had a positive impact on your own growth or development?

STEP 1

Have your team read the [getAbstract summary](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

“To postpone or avoid saying something in the hope that the situation will go away is almost never the solution.”

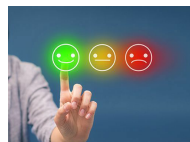
The Truth Doesn't Have to Hurt

Deb Bright

Additional resources



Coaching



Feedback



The Feedback Imperative



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