

# **5 STEPS TO GIVING FEEDBACK**

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**AND WHAT TO DO WITH IT**





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AND WHAT TO DO WITH IT

**S**pecific

**T**imely

**O**bjective

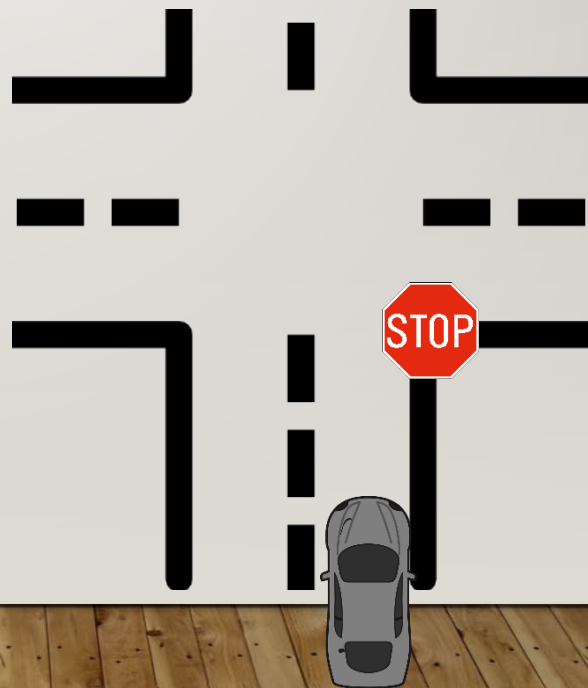
**P**urposeful



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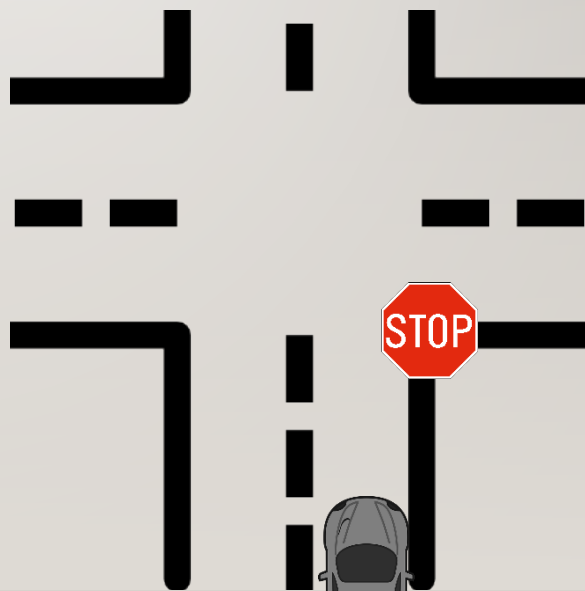


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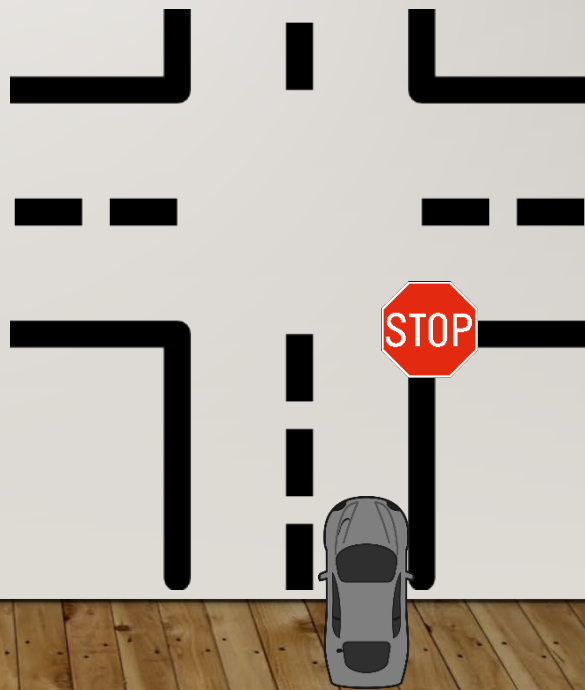
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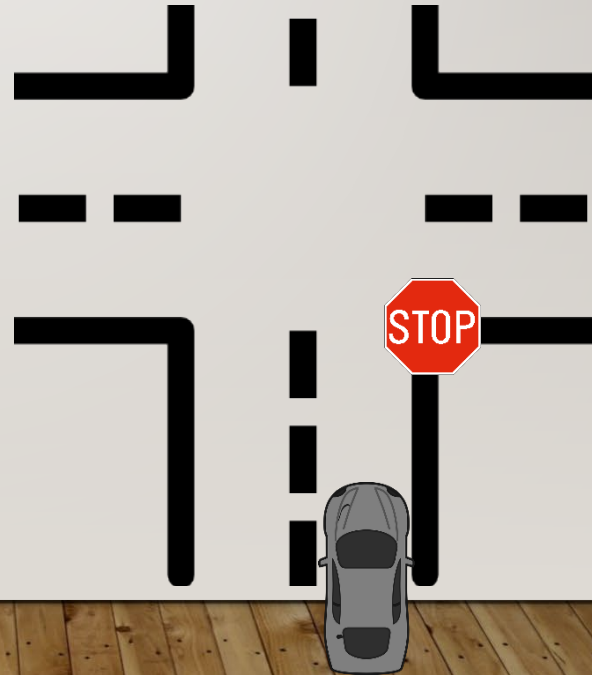
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# Arturo gabilanes

## Skills

- Able to use Microsoft word, excel, and powerpoint.
- Excellent Leaderships Skills
- Excellent communications skills.
- Work well alone, with others, w/ the lights off, and with animals.

## Education & Experience

- Studied at:
  - North Medford High School - 2007-2011
  - Wazzu: Currently Enrolled in my 3<sup>rd</sup> year.
- Worked at:
  - Southern Oregon Speedway (Whiteland, OR)
  - Pickers Paradise (Medford, OR)
  - University Recreation Challenge Program (Pullman, WA)

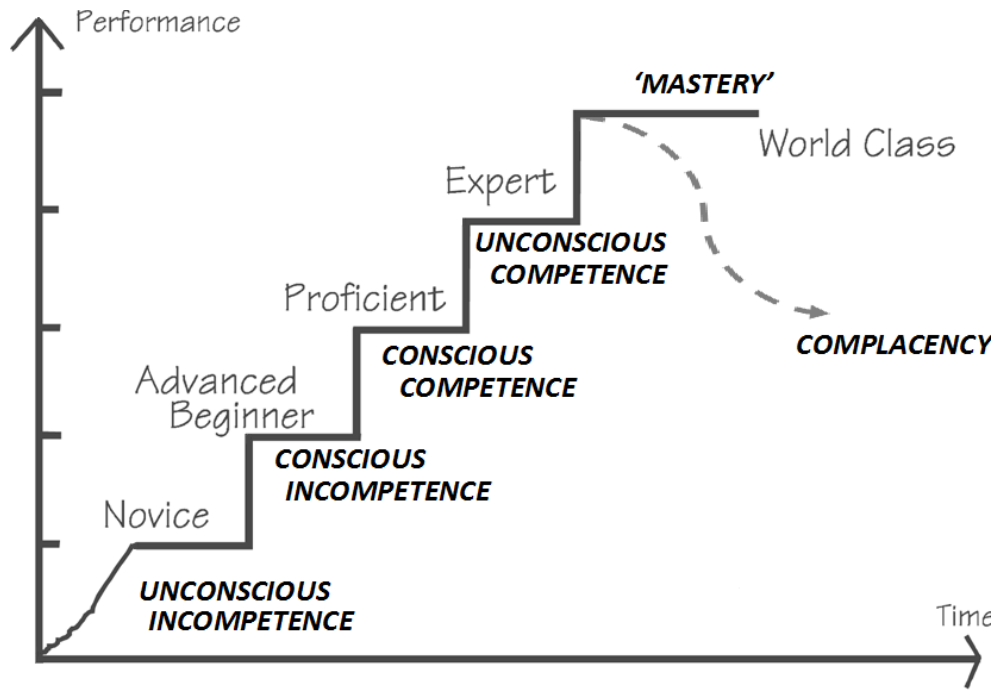
## Intrests & Hobbies

- Reading
- Writing
- Rafting
- Recreation

Refrences (Available upon request)



**FEEDBACK**



# 5 STEPS TO GIVING FEEDBACK

## AND WHAT TO DO WITH IT

- It's up to you what you do with feedback!
- The beauty of feedback is that there is nothing mandating I update my resume. I get to choose what bit and pieces from your feedback I take and how I apply them.
- If I don't make use of the feedback you provided, in some way, I'm hurting myself.

# 5 STEPS TO RECEIVING FEEDBACK

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- Say thank you
- Don't justify
- Think about it from their perspective
- Ask questions
- Restate it!



THANKS FOR JOINING

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