Connective Institute

The Art of Giving and Receiving Feedback

A One-day Interactive Workshop

Do you sometimes feel uneasy before a difficult conversation, or find yourself talking vaguely instead of being direct? You are not alone.

Feedback is one of the most powerful tools that can inspire growth, strengthen relationships, and build a high-performing team. Yet many of us struggle with how to give feedback effectively, avoid difficult conversations, or sugarcoat. This one-day interactive workshop is designed to help develop the confidence, mindset, and skills to both give and receive feedback in a constructive, impactful, and meaningful way.

Through a combination of theoretical inputs, practical exercises, role-plays, and group discussions, participants will explore proven feedback models and practice applying them to real-life situations. You will also reflect on your feedback style, learn how to handle difficult reactions, and discover ways to foster a culture where feedback is continuous and valued.

By the end of the workshop, you and your company will:

- Get a better understanding of why feedback matters for growth, relationships, and teamwork
- Learn and practise applying feedback frameworks
- Practice giving and receiving constructive feedback in a safe, supportive setting
- Gain awareness of how to respond to feedback
- Start on a personal action plan to strengthen feedback habits

This is a hands-on, supportive learning experience where you'll practice, reflect, and walk away with tools you can use the very next day.

Who Can Attend:
Everybody who wants to improve their communication skills, build stronger relationships, and grow personally and professionally by giving and receiving feedback more effectively.

Max. participant number - 18.

Dates:
September 25th 9:00 - 17:00

Price:
Workshop fee: DKK 2700,- excl. VAT, including lunch, coffee, tea

Location:
Copenhagen, Østbanegade 13

Sign up:
Sign up by mail to kia@connective-institute.com or phone +45 23396195

Last call for sign-up:
September 5th, 2026

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Learn more at: connective-institute.com