

I Matter: Seek Feedback

Your current abilities can be improved through effort and feedback. Challenges, failures and feedback can help you improve IF you embrace them as opportunities.



Consider the Following:

- ✓ **Adopt a Growth Mindset:** We can't be perfect, but we can learn. Receiving feedback can improve engagement and personal growth.
- ✓ **Ask for a performance review** from your employer to see where you're doing well, and where you can improve.
- ✓ **Meet with other practitioners** to help you reflect on cases and brainstorm ideas for how to approach things differently next time.

Learn to accept negative feedback and consider it an opportunity to learn.

Recognize it for what it is and own it.



I Matter is a platform to equip Ontario veterinarians with knowledge and strategies to help them better cope with and respond to the challenges they face in their professional and personal lives.

Visit www.i-matter.ca

Wellness. Resilience. Care.