



3 Minute Mentor

Episode 37 Show Notes

Episode 37: How to receive a bad review?



In many ways it doesn't matter if it's deserved, you should handle it the same way

1. Before you think you might get a bad review

- You should be looking for signals that you might be getting a bad review
- Maybe your boss has been repeating something often or 'getting on your case'
- Prepare for the review by thinking through what your boss may say
- Don't spend too much time thinking of clever retorts; focus on not being too surprised

2. During the bad review

- Whether it's a surprise or not, keep cool
- Listen carefully to what your boss is saying and if you don't understand, ask questions
- You need to get specifics on what you have done wrong and where you could have done better
- Ask for examples of behavior that would be seen as better
- What ever you do , don't get angry or upset. If you need time to compose yourself, do.

3. After the bad review

- We all get annoyed at bad or unfair reviews but you have two choices
- Learn from it and try harder, or walk away
- You might have an option to fight it but ask yourself this
- If it's really unfair then is this some place where you should be fighting to stay
- Don't rush into anything. Next time we will look at how to resign
- If you choose to stay, then you need to learn from the bad review and show that you have
- Go home and be angry if you must but come back the next day ready to do better and be seen
- Finally ask your boss for regular reviews to help you improve your performance

Bottom Line: We all get bad reviews. Responding the right way can give you the opportunity to accelerate your career if you manage it properly.