

Tue, April 6, 2021
6 PM (Pacific)
Webinar

Register here:
<https://tinyurl.com/43hv4sx9>

The Discomfort of Criticism - Transforming Pain to Gain



"I like criticism. It makes you strong."
LeBron James

The reality is that everybody gets criticized from time to time — and no amount of over-achieving will change that. This workshop will explore the social, professional, and personal aspects of receiving and providing criticism, and offer specific strategies for receiving, reframing, and integrating feedback in workplace settings and in life.

"Criticism is something we can avoid easily by saying nothing, doing nothing, and being nothing." -- *Aristotle*

Katherine Greenwood, JD, PhD is the University Ombuds for the USC University Park Campus. She is a Certified Organizational Ombudsman Practitioner, CO-OP[®], an active member of the International Ombudsman Association (IOA) and has extensive background as a mediator in academic settings.