

How to Ask for Feedback from Your Supervisor

Building Confidence in Growth Conversations

Be Specific

Instead of asking, “Do you have any feedback?” try:

“Can you give me feedback on how I facilitated that meeting?”

“How did my communication come across in that email to the team?”

“Was there anything I could’ve done differently on the XYZ project?”

Choose the Right Moment

Bring it up during a scheduled check-in, one-on-one, or after completing a significant task. Let your supervisor know that you’re open to both positive and constructive feedback.

Ask for Balance

Invite feedback on strengths and growth areas:

“What’s something you think I’m doing well that I should continue?”

“What’s one area you think I could grow in?”

Listen Without Defensiveness

Pause, take notes, and reflect. You don’t have to respond right away, just thank them for the feedback and let them know you’ll think it over.

Act on the Feedback

Show you value what was shared by making improvements and circling back:

“I tried your suggestion for organizing my reports, do you think it’s working better?”

Sample Phrases You Can Use:

“I’d love your thoughts on how I handled...”

“What’s one thing I could do differently to improve in my role?”

“Is there something I could start doing, or stop doing, to be more effective?”

“Can we build in a few minutes in our next check-in to talk about feedback?”