



Electric Boat Management Association

Giving and Receiving Feedback

Facilitated by Meredith Kyle

The “Giving and Receiving Feedback” workshop is a dynamic and interactive session designed to help participants develop the skills necessary for giving and receiving feedback constructively and productively. In both personal and professional contexts, effective feedback is a critical communication tool that fosters growth, enhances relationships and drives improvement.

Key Objectives:

- Understand the importance of feedback
- Types of feedback:
 - Learn about different types of feedback, including positive, constructive and developmental feedback
 - Understand when and how to apply each type effectively
- Giving constructive feedback
 - Discover strategies for providing feedback that is specific, actionable and respectful
 - Practice techniques for framing feedback in a way that promotes understanding and motivation for improvement
- Receiving feedback
 - Develop skills to receive feedback with an open mind and without defensiveness
 - Learn how to ask qualifying questions and seek additional input to better understand feedback

Facilitator Information:



Meredith Kyle is passionate about developing future leaders and helping people reach their full potential. She has worked in Workforce Development at General Dynamics Electric Boat for the last five years, focusing on leadership development programs, learning strategy and mentorship. Prior to her life at EB, she worked in the hospitality industry and served as an adjunct faculty member in North Carolina, Vermont and Massachusetts. She received her master’s degree in organizational leadership from Gonzaga University and her Bachelor of Science in hotel administration from Cornell University. In her spare time, she can be found coaching your sports, promoting EB to our community and organizing local events.

If you are interested in signing up for this workshop, please email ebmamd@gdeb.com to be enrolled in the class. If you have any questions, please reach out to EBMA Management Development Director, Lexi Byrd, at ebmamd@gdeb.com or 860-433-8037.