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Psych Up Live
Thursday at 11 AM Pacific
March 4th 2021: Make Effective Feedback Your Superpower: Strategies

In this episode, Dr. Therese Huston draws upon her new book, *Let's Talk: Make Effective Feedback Your Superpower*, and her experience speaking to academic audiences and businesses like Microsoft and Amazon to teach us how to give feedback, even negative feedback, in a way that turns it into a productive conversation. She considers why 80% of managers feel they are saying the right things; but less than 20% of employees feel appreciated. She asks why men are evaluated on work skills while women are often judged on their personality. Dr. Huston identifies and exemplifies the three types of feedback.

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Featured Guest



Therese Huston, Ph.D

Therese Huston, Ph.D., is a cognitive scientist at Seattle University and the author of three books. Her new book, *Let's Talk: Make Effective Feedback Your Superpower*, was just published by Penguin Random House, and the New York Times called her last book, *How Women Decide*, "required reading on Wall Street." Therese received her BA from Carleton College and her MS and PhD in cognitive psychology from Carnegie Mellon University, and she's currently enrolled in a graduate program at Oxford University's business school. In 2004, she founded the Center for Excellence in Teaching and Learning at Seattle University. Therese has also written for the New York Times and Harvard Business Review and

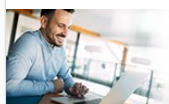
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