

WILLIS  **CONSULTING**
INC.



**EFFECTIVE TIPS IN DEALING
WITH CRITICAL PEOPLE AT**



No matter where people go, they will always come across at least one critical person in their lives.



And, whether they are right or wrong in doing so, these critical people will always be quick to point out perceived flaws and shortcomings in others.



There will be people who criticize your relationships and people who criticize your school endeavors.



Workplace critics are some of the most challenging to deal with because the worker is forced to find solutions.



The following are some effective ways that a person can deal with critical people at work:

**EXTRACT THE POSITIVE
ELEMENTS FROM THE
CRITICISM**



Cutting down other people gives the critical person feelings of superiority in the situation.



Oftentimes, they are quick to criticize others because of their own inner issues.



Still, a criticism may have something golden in it if you hear it the right way.




A criticism may be able to tell you something about your work strategy or your work tactics that you weren't aware of previously.



Choosing to take criticism as a heads up to some areas of improvement that you need to consider is a sound choice.

**SEPARATE OR DISENGAGE
FROM THE CRITICISM**



Another way you can deal with criticism from another person is by disengaging.

A group of four office workers are shown in a discussion. On the left, a man in a blue and white checkered shirt stands with his hands on his hips, looking towards the right. In the center, a woman with long dark hair in a white shirt is pointing her finger upwards. To her right, a blonde woman in a black top is holding a red folder. On the far right, a man in a light blue shirt and jeans is holding a green folder and looking towards the woman with the red folder. The background is plain white.

Disengaging from repetitive criticism is refusing to let such criticism get into your head.



You can simply tell yourself that you will not allow anyone else's negativity to touch you.

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