

Hello Clerk of Court!

We are pleased to announce that the Arizona Supreme Court - Administrative Office of the Courts (AOC) is offering a **live virtual training** to our Office taking place on Friday, September 20th and is eligible for one (1) hour of facilitated credit! Watching the recorded video after this date will grant one (1) hour of non-facilitated credit.

How to Receive Criticism and Make it Work for You

(Presented by ComPsych)

Friday, September 20, 2024 - 10:00 a.m. - 11:00 a.m.

Receiving criticism is an important and valuable skill. To achieve success in any endeavor we must be able to **tolerate critical feedback** and learn from it. However, receiving criticism is difficult for most people. Upon receiving criticism, we feel vulnerable and become defensive and thereby miss opportunities to **benefit from feedback**. This workshop will help you explore why we become defensive, deliver tips for knowing when your “hot button” has been pushed and **how to accept and integrate useful criticism**. The training will also instruct through examples and/or role plays.

Click [here](#) to register for the training. Once registered, you will receive a confirmation email with further instructions.

IMPORTANT

After completing the training, please email COCTraining@maricopa.gov with the following information to receive COJET credit:

- Name of session
- Date and Time of session

- Did you attend the live webinar? Or did you watch the recorded video?
- A few sentences on the most impactful learning you received from the session
- Tell us how this training pertains to your job
- Any feedback you have to share after attending

ALL information above **must be provided** in order to receive COJET credit. Answers with "N/A" will not be accepted.

Don't miss this opportunity to invest in your growth and development and learn more about the important topic of receiving criticism!