

## Group Exercise: Feedback Session MT1.3\_4

**Objective**: To provide participants with hands-on experience in giving and receiving feedback, using respectful tone and positive body language to foster constructive communication.

**Duration**: 20-30 Minutes

#### Instructions:

#### 1. Divide into Groups:

- 1. Split participants into groups of 4-5.
- 2. Assign each group a simple task or mini-presentation topic, such as planning a small event, designing a product idea, or presenting a brief personal introduction.

## 2. Prepare Feedback Guidelines:

- 1. Explain that each group will provide feedback on each other's tasks or presentations, focusing on constructive and respectful communication.
- 2. Share specific guidelines:
  - 1. Use "I" statements (e.g., "I felt that...", "I noticed...").
  - 2. Offer specific observations rather than general critiques (e.g., "I liked how you...").
  - 3. Maintain open body language and a neutral or encouraging tone.

# 3. **Group Presentations**:

- 1. Each participant or subgroup presents their idea briefly.
- 2. Group members then provide feedback, applying respectful language and positive body language cues.

#### 4. Feedback Round:

- 1. After feedback is given, each participant reflects on how the tone and body language affected their perception of the feedback.
- 2. Discuss any differences in how feedback felt when given with supportive versus neutral or closed body language.

#### 5. Debrief:

- 1. Bring everyone back together to discuss insights.
- 2. Ask questions like:
  - 1. How did respectful tone and positive body language affect your comfort in receiving feedback?

Attachment to MT Task 2.3



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- 2. Were there moments where feedback felt different based on the tone or body language used?
- 3. Highlight key takeaways about giving feedback that builds trust and promotes openness.



Attachment to MT Task 2.3