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?

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.