

Role Play MT1.3_3 "Mirror of Feedback" Reflecting Tone and Body Language"

Objective: To provide participants with experience in practicing self-feedback and observing the impact of tone and body language when imagining giving and receiving feedback.

Duration: 10-15 Minutes

Instructions:

Prepare Reflection Guidelines:

1. Ask participants to think about a recent interaction where they gave or received feedback.
2. Provide a set of prompts for reflection:
 - What was the feedback about?
 - How was the tone and body language during the interaction?
 - How did it make you feel?

Individual Role-Playing:

1. Each participant chooses a neutral piece of feedback they could give themselves (e.g., "I could have been more organized during my last project").
2. They practice saying the feedback to themselves in a mirror (or imagining they are speaking to someone else), first with neutral or critical tone and closed body language, then with supportive tone and open body language.

Self-Reflection Questions:

1. Which tone and body language felt better?
2. How would you adjust your feedback delivery in future situations?