



# FEEDBACK RESILIENCE



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This is a template for you to use in order to create feedback resilience. It will prepare you to understand the feedback you are receiving and what to expect when someone is giving you feedback.

Remember the difference between feedback and criticism and go back to lesson 23 if you need to review the information. It might be difficult to differentiate feedback from criticism, but it is important to understand that criticism has the negative purpose of making someone feel bad about what they did while feedback aims at helping them improve

Who gave me feedback?

What is their feedback?

Why do I think they gave me feedback?

How can I react to this?

# EXAMPLE

Who gave me feedback?

One of the parents of my students

What is their feedback?

'Even though my child is having fun in class, I feel like she's not learning anything through comics. I don't see any results.'

Why do I think they gave me feedback?

Because they are trying to make sure that their children get the best education

How can I react to this?

I will take their feedback into consideration and make sure I will explain to the parent my method of teaching and the results.