



ERASMUS+

Project no. 2018-1-R001-KA204-049335



**“Incredible Practitioners to empower adults
with disABILITIES through
Education, Employment & Social Entrepreneurship”**

Pack 1 - Positive Attitude



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Praise, Criticism or Feedback

Praise: an expression of approval

Criticism: an expression of disapproval based on perceived mistakes or faults

Feedback: information about a person’s performance of a task – used primarily as a basis for improvement



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Praise, Criticism or Feedback

If you had to make a rule for how you would like to receive feedback and criticism, what would that rule be?

Journaling Activity: How does it make you feel when others criticize the work you do? Are you able to respond to feedback differently? Think about a time when you criticized someone else. What happened? How did that situation ultimately make you feel?



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The power of Positive Mental Attitude

What is a positive attitude? If I have a positive attitude, what actions might I display? What does a positive attitude “look” like to others?

What is a negative attitude? If I have a negative attitude, what actions might I display? What does a negative attitude “look” like to others?



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The power of Positive Mental Attitude

Roll a 1: I am thankful for...

Roll a 2: Other people compliment me on my ability to...

Roll a 3: Something I would like other people to know about me is...

Roll a 4: I feel really good about myself when....

Roll a 5: I am proud of my ability to...

Roll a 6: Something nice I recently did for someone else was...

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Life is Full of Hard Knocks

THE ROAD TO SUCCESS IS PAVED WITH FAILURE





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ATTITUDE

<https://www.youtube.com/watch?v=vmLIJAc5kyg>



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ATTITUDE

Do you think you have been able to write traits sufficiently positive?

Do you consider you got the capacities what you have written for each letter of the word "ATTITUDE"?

How did you feel when you have compared your acrostic with the one of your colleagues?

Do you think you have learned something of the traits written by your colleagues?