

Pair Feedback Mini-Card

Informal & Formal Carers | Section 1.1 Self-Assessment

How to use this card

1. Sit with your partner. Take turns. One person speaks, the other listens.
2. Read the sentences below. Complete them out loud or write your answer.
3. Swap roles and repeat.

① Two strengths I see in you are...

② One idea that could support your role is...

 One thing I want to remember from this conversation:

Remember: This is a space for kindness and honesty. Share only what feels comfortable. Your partner listens without interrupting.