

Feedback is essential in teaching. However it's not enough to just receive it - you must use it. It's very easy to give a lesson in riding but you will only grow those lessons and the rider by listening to the feedback.

Programmes are not a "one size fits all" scenario which as ladies in a changing room know that's a rubbish guide anyway and this is the same, everyone is different and everyone wants to achieve different things from the rider who wants more confidence to the rider who doesn't want to compete and ends up doing so ! in a team capacity this is the same also. You may have more experience in one rider yet useless at mental preparation etc. Feedback, communication and conversation are essential at this stage.

Notes must be kept of all this information so that we can learn, grow and achieve our programme.

Only from notes can we even review where we are or where we ended up !

Finally

When we have finished our programme we will look back at the achievements, mistakes etc but what we will see is that consciously or unconsciously we have promoted self esteem and confidence.

BUT WHY DO WE DO THIS

Criticism reduces behaviour reinforcement increases behaviour. Praise increases confidence and self esteem which in turn increase output and achievement.

The more praise we hear the more confident we feel, the more confident we feel the more effort we will put into the task we are carrying out. This is a cyclical positive action. In every effort we use we want it to be rewarded we don't want to hear or feel failure we wish to succeed !

We modify our behaviour to receive the rewards !