

Appendix 3.

Analysis and reflections

How well can you collaborate in a group, as a participant, or as a leader?

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|---|----------|
| a) The team leader made sure everyone contributed to the discussion | Yes / No |
| b) The team leader made sure we stayed on task | Yes / No |
| c) The team leader asked us to give more information to support our answers | Yes / No |
| d) We came to a decision on the impact of all 11 lifestyle choices | Yes / No |
| e) Do you have any advice for your leader? | |

And how about you?

- | | |
|-----------------------------------|----------|
| f) I gave my opinion | Yes / No |
| g) I gave a reason for my opinion | Yes / No |