



## Assessment

### Individual reflection questions (Step 5)

Take a moment to write down your responses to the following questions:

- What was your overall impression of this challenge?
- Did you learn something about yourself during this process? If so, what?
- List a few 'critical incidents' that stood out to you. These will be explored further during the collective debrief.

Examples of critical incidents include:

- A moment when something went particularly well
- A moment when something didn't go particularly well
- A situation you found especially challenging
- An instance where your perspective shifted
- A moment that increased your awareness of your values or assumptions