VIDEO 1

Step 1: Read the introduction and guiding questions on decision-making, such as: Dealing with different opinions and perspectives when making a decision in a team, factors that influence decision-making when there is uncertainty, the significance of time, method, and strategy in decision-making.

Step 2: Watch Video 1 about decision-making.

Step 3: Reflect on the video with questions such as: Are there examples of difficult decisions and how were they dealt with? What about fears and uncertainties when facing important decisions? What consequences are typically considered before making a decision? Are there advantages to making decisions as a team? What disadvantages can arise?

Step 4: Create a mind map to capture the tips provided on the topic of decision-making. Consider both the tools and the thoughts and emotions you have during decision-making processes that could influence them.

Step 5: Problem case study / definition on the topic of decision-making, such as consequences and risks, fear and self-esteem, doubts and concerns (discussion with a partner or alone, for example, how would you decide). It will be a question from the video that should be discussed using a problem sketch.

Step 6: Do you believe that it will be easier for you to make decisions in the near future? Do you believe you are more confident?