

# Panellist Guide

In your group, the host will ask the questions and the panellists will answer. Your role as a panellist is to consider the person's dilemma and then to provide advice and solutions.

The goal is not for you and the other panellists to agree. The goal is for you to listen to each other and learn more about the theme of the dilemma and each other's perspectives.

You are more than welcome to put your own experiences into play, but you decide if and how much you want to share.

It is also important that you treat the others with care and respect.

It can be a good idea to take a few notes while the dilemma is being read aloud, and it is also a good idea to note down any comments or questions you think of while someone is speaking.

*We hope you enjoy the exercise.*