

File S4. "Idea board" for individual feedback at the end of the seminars.

The following questions were asked at the end of every seminar:

1. *What was valuable in today's seminar?*
2. *What should be changed in the seminar?*
3. *Which of the activities you practiced today will you definitely use for MI in your lessons?*
4. *Describe your expectations for the next seminar.*

