

# GROUND RULES FOR A CONSTRUCTIVE DISCUSSION

1. **Listen to** the others, do not interrupt or start additional discussions.
2. **Relate** what you say to what the others have said and use everyday language.
3. **Tell about** your own experience.
4. **Talk to** the others directly and ask about their views.
5. **Be present** and respect the others and the confidentiality of the discussion
6. **Find and bring together.** Boldly deal with emerging conflicts and find issues that have gone unnoticed.

## NATIONAL DIALOGUES

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National Dialogues help to build an understanding of different societal phenomena, challenges and opportunities in cooperation between citizens, communities and authorities.

National Dialogues focus on issues and themes that are important to people and communities in a way that strengthens inclusion and creates an understanding of different challenges and opportunities based on people's experiences.

The National Dialogue model is not a political process and it does not aim for unanimity or decision-making. The aim is to gain as extensive an understanding as possible of people's experiences and the economic, social and ecological challenges at hand.