

# National dialogues

## **Mental resources – what weakens them and what strengthens them (and a more detailed title)**

Draft script for Timeout-dialogue  
Duration 120 minutes

**TIMEOUT**

**NATIONAL  
DIALOGUES**

# Instructions for using script

- Plan the dialogue in advance using the script.
- You can also use the Timeout dialogue cards to support your planning and the dialogue:  
<https://www.timeoutdialogue.fi/tool/cards-for-facilitating-a-discussion/>
- The script supports facilitating the dialogue, do not distribute it to the participants. But do print a copy of the script for yourself after you have modified it to suit yourself and your dialogue.
- The wordings of the script are examples. Edit them to better suit the topic of the dialogue, your target group and for yourself.
- The times are indicative. They are intended to give an idea of how much time to spend on each stage. With the exception of the start and the end, you do not have to follow exact timings.
- You can use your own facilitator competence and, if necessary, use tried and tested methods to support discussions and participants.
- Decide before the dialogue who will be the notetaker. It is important to take notes of the whole dialogue. The notetaker does not need to edit the notes afterwards. The idea is to record as precisely as possible what was said during the discussion. The script can help the notetaker to prepare for the dialogue.

# Mental resources – what weakens them and what strengthens them

## READING INSTRUCTIONS:

On the right, tips for words and guidance for the facilitator:

Basic font - say this, for example

*The Latin font – assisting the facilitator in the dialogue*

**Bold: change as needed**

Minutes	Section
15	<b>Start, presentation, ground rules for dialogue, set up</b>
85	Joint discussion (incl. break)
5	Writing insights
10	Sharing and follow-up of insights
5	Feedback, thanks, closure

a total of 120 minutes

## Start

Welcome to the national dialogue. Today, our theme is “**Mental resources – what weakens them and what strengthens them**”. *Edit this to match the title of your conversation.* Large number of dialogues will be held around Finland on the same theme. The aim of the National Dialogues is to increase understanding of how the human mind’s resources are built in different life stages and situations.

I'm XX, and I'm the facilitator of the dialogue today. *Tell the participants how the turns to speak will be distributed.* The purpose is to talk about our own experiences and listen to others' experiences of the topic.

During the dialogue, there may be different views on the theme. That is all right, because the goal is not unanimity. At the end of the dialogue, we will discuss what we have learned or realised during the dialogue.

There is no need to make decisions or seek solutions in the discussion, but such may emerge during the discussion. The discussion is confidential.

XX is the notetaker of the dialogue. The notetaker does not write down who said what. The notes are anonymous. All notes from different dialogues will be compiled into a summary that will be published later. Individual participants cannot be identified from the summary.

Let's start with a brief tour de table. You can present yourself with your first name and by telling what brought you to this dialogue today.

5 min

## Rules for constructive discussion

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

The Timeout rules for constructive discussion will be used in today's dialogue. Let's go over them briefly.

*The facilitator goes through the six rules that can be found on the left side.*

1. Everyone must be given the opportunity to explain their views in peace. It is important that we do not interrupt each other or whisper with the person next to us.
2. The objective of a dialogue is to relate what we say to what the others have brought up in the discussion. Let's try to use everyday language and avoid difficult terms.
3. To be able to better understand the issue discussed and each other, we should talk about our own experiences. This means that we tell the others what issues, events and situations have contributed to our views.
4. You can speak to others directly and ask questions.
5. Let's focus on this moment. No phone or laptop during the conversation. We are also discussing confidentially today. So you can tell others that you have participated in this dialogue, but you can not say who said what if you have not asked that person's permission. And let's speak respectfully of other people, even if we disagree with them.
6. The purpose of the dialogue is to be a situation in which conflicts that emerge can also be looked into. You don't have to agree on things. Different perspectives enrich the discussion and help us understand the topic of dialogue better.

Can we commit to these rules together?

All right, let's go on!

5 min

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*You can edit the text next to you and the questions in the dialogue so that they are better suited for your group of participants.*

*You can also use an news clip or article, research, or other material on the topic and use it to stimulate the discussion.*

## Getting ready for the discussion

Starting with the following video/music/text.

*You can use this text to get ready for the topic, for example: Many citizens are thinking about their own wellbeing and that of other people. Mental resources are not only dependent on individuals, they are also shaped by local networks and the entire surrounding society. People can influence their own and each other's mental landscape in many ways in families, neighbourhoods, schools and workplaces as well as in leisure activities, culture and sports, the media and politics. The aim is to increase understanding of how the human mind's resources are built in different life stages and situations – from childhood to old age, everyday life and in the midst of change. How can we feed the forces of thought, emotion, and imagination within and around us?*

*You can use a topical Article, news, research, song, or other material that fits your group of participants and uses it to stimulate conversation. Or you can edit the text to suit the group of participants.*

5 min

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*You can edit the questions in the dialogue so that they are better suited for the group of participants.*

## Joint discussion: in two-person groups

*Divide the group into couples, clearly tell who's with whom. If there are only three people in the group, you can discuss the first thoughts among the whole group.*

Discuss your experiences. Make sure that both of you have time to express your thoughts.

**What kind of thoughts, feelings and images does the material that has just been presented arouse in you with regard to mental resources?**

*Or alternatively:*

**What kind of matters and situations have recently prompted you to reflect on your own resources and those of others?**

This will take five minutes. You can start...  
... it's time to stop.

5 min

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## Joint discussion

Briefly describe what you both were talking about and what thoughts arose.

Who will start and tell what you were talking about?

*What other experiences emerged?*

Thank you everyone. You highlighted at least the following:  
*compile some of the themes that have emerged*

*-> at this stage, it is worth asking each participant something and thus sending a message that everyone's participation in the dialogue is important. Discussion may be freer in future*

15 min

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*You can edit the questions to suit your group, region or organisation. After the question, make use of the possibility of self-reflection or discussing in pairs, if necessary.*

## Joint discussion continues

*Try to collect the issues that come up in the discussion. Formulate additional questions based on them. It is good to let the discussion flow at its own weight and avoid turning it into an interview.*

*At the appropriate stage of the discussion, move on to discuss what brings us together. Or if you chose option two, go on to discuss what separates us. Make sure that you handle things that bring us together for most of the time.*

**Option 1: Now that we have brought up issues affecting mental resources, let us move on to discuss what factors increase and decrease them in our society?**

*You can also ask:*

**What can we do together to strengthen our mental resources?**

**What do you feel you can do to strengthen your own resources and those of others?**

65 min, incl. possible break



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## Writing insights

Our dialogue is now coming to an end. I want to hear what insights, feelings or thoughts our joint discussion has generated in you.

Write on your own piece of paper a few insights, feelings or ideas that have been important to you in this dialogue. We collect these insights to support the notes from our dialogue. As said before individual persons cannot be identified from the notes.

Take a few minutes to write. Then select one of your insights, thoughts, or feelings that you want to share with us here.

5 min

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## Sharing and follow-up of insights

Let's start with you. What has been important in this discussion?

→ *Select a person who is likely to be ready to share his or her insight.*

Finally, I would like to hear from you what subjects should be discussed in the National dialogues in the future?

→ *Have a brief discussion with the participants on what topics they consider important in the future?*

10 min

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## Thanks and closure

I would like to ask you briefly to give some feedback. It'll only take a while. I'll collect the feedback notes. They will help us to develop the National dialogues.

If you wish, you can tell about your participation in this discussion, for example on social media. You can use the hashtag #NationalDialogues.

The dialogue was confidential, so don't tell what the other participants said without their permission. You can share your thoughts and feelings and, in general, the themes that came up in the discussion.

Thank you for the conversation!

5 min

# How to go forward?

The operative core group of the National dialogues receives the notes from the dialogue.

Submitting the entries for the joint resume report will increase the impact of the dialogues. They will be part of the national summary and all those actors who have been involved can use the summary to support their own work.

The team operating in connection with the core operational group reads all entries carefully and draws up a national summary based on them, which will be published on the National dialogues' website.

## For the organiser:

### Thank you for organising the dialogue!

Thank you for participating in the National dialogues. We hope the dialogue was a good experience for you and the participants. One of the objectives of the National dialogues is to develop the dialogue competence of different actors and citizens in the society.

Dialogue is an opportunity to deepen understanding, learn the skills of constructive discussion, stop and listen to the experiences of others and get to share their own, even unprepared, thoughts with others.

Help in planning and conducting the discussion will continue, for example, on the Timeout Foundation's website: <https://www.timeoutdialogue.fi/>