# *(The points to be changed are highlighted in yellow. You can of course rewrite this invitation so that it better suits your need. A good invitation is clear, inspires discussion and is no longer than one A4. The invitation is important in motivating the participants to take an interest in and participate in your dialogue.)*

**Welcome to discuss your experiences of Mental resources - what weakens them and what strengthens them?**

dd.mm.2025 at xx.xx, place

What kind of things are currently undermining mental wellbeing in our class/work/hobby association/municipality? What factors strengthen it? *(Instruction: Edit these to suit your topic and motivate your target group. The idea is that these questions will inspire the participants to become interested, think about the topic and come to your discussion.)*

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. *(If necessary, edit an advanced opening for your topic.)*

The aim of the National Dialogues this spring 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?

We invite all kinds of local residents/team members/members of our organisation/ xxx and xxx and we specially invite you who do not normally participate in these kinds of discussions. We are interested in your experience! *(Instruction: Edit this according to the people you invite.)*

The discussion is part of [National Dialogues](https://kansallisetdialogit.fi/en/). A large number of dialogues will be held all over Finland. The participants will be able to hear each other's views in the discussions and learn new things. The aim is not to reach consensus but to build a multivocal understanding.

A joint summary of all discussions will be published for open use. It will also be submitted for use in central, regional and local government and decision-making. (*Add here if you also use the dialogue results in some other way. This should be as concrete and honest as possible, for example: “The team/council/steering group will review the observations made during the discussion at its February meeting.” If you have not agreed on this, there is no point in creating unnecessary expectations for further measures.)*

The discussion will accommodate 8 people. Register no later than dd.mm. via the link below: (Instruction: Add a registration link or address)

Discussion organiser:  
*(Instruction: Add discussion organizer information)*

Further information:  
*(Instruction: Add contact person information)*

**You are welcome to join us! Each dialogue is needed!**