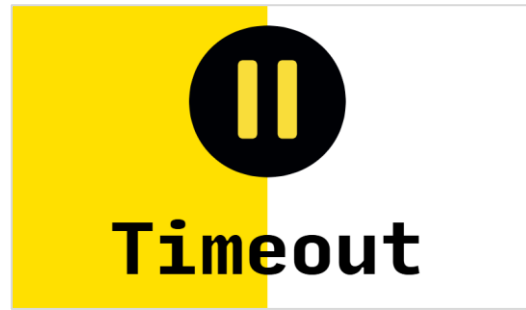


# TimeOut method and National Dialogues in Finland

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Dialogue is a conversation to increase understanding of topics, of others and oneself.

Timeout is a way to generate and have constructive discussions.

Timeout offers an opportunity to pause and consider things in peace.

The tools help you invite the ones who do not usually take part in conversations.

Anybody can use free of charge.

<https://www.timeoutdialogue.fi/>

# What is the National Dialogue model?

National Dialogue is a widespread democratic innovation developed in Finland to increase social dialogue between citizens, communities and authorities.

## Participant

- Direct impact – meaningful to participate per se
- Those participants that would not otherwise be reached

## Organiser

- Direct impact – using the dialogue for one's own organisation
- Own organisation's (the people it represents) voice is heard more widely

## Finnish Society

- Information that would not otherwise be available (on people's experiences, thoughts)
- From those who are not normally heard

# National Dialogues in 2020-2024



**1000**

discussions

**390**

Organisers

- Associations (CSOs) **140**
- Municipalities and administration **100**
- Foundations, institutions and educational units **100**
- Businesses and individuals **50**

**8000**

Participants

- Age **5-90 y**
- Languages used **14**

**130**

Locations

- From north to south,  
from west to east

# Topics of National Dialogues

- Pandemic
- Loss of biodiversity
- Defending democracy
- Immigration
- Living in uncertainty
- Together and alone
- Security and trust
- What brings us together?
- Resources of the mind
- Sisu





# Use and impact

- In national and local government
- By organisers and researchers
- Spin offs
- Dialogue skills



# Experiences

"Here, people had the courage to speak."

"How much a brief moment  
can add to understanding."

"I had the feeling that even this short conversation brought  
us together."

"I hope that discussions like this will  
continue in the future, it's inspiring and  
motivates us to act and continue in our  
daily lives."

**"After this one and a half hours  
we feel that the human being  
isn't so bad!"**

"Everyone everywhere should  
continue this dialogue; all over the  
world, in different communities; there  
is no place where this dialogue cannot  
or should not be taken forward to  
bring out more and more new and  
different views."

"Thank you, I haven't  
talked like this before.  
It made me feel calm."

"I felt like I was in some kind of  
group therapy. You could unload  
things and feel like nothing is  
weighing you down anymore."

"Impressed, empowered,  
together we can do it."

"I felt good, meaningful, the discussion remained  
positive, hopeful."