



BREAKOUT SESSION • MENTAL HEALTH



THE POWER OF BELONGING

Human Connection in a Fragmented World

SESSION VISION

In a world that is more digitally connected than ever, millions of people still feel emotionally disconnected, isolated and invisible.

This session explores how belonging, friendship, purpose, volunteering and community can become powerful protective factors for mental wellbeing.

The objective is to position Rotary not only as a service organization, but as a human-centered community where people feel they belong.

Proposed by Sérgio Almeida

THE PEOPLE BEHIND THE CONVERSATION

Speakers & Moderators

Six voices connecting global leadership, social cohesion, youth wellbeing, innovation and community action.

ONE SHARED PURPOSE

From mental health to social cohesion: connection becomes action when people know they belong.



Gordon McNally

WELCOME & OPENING MESSAGE

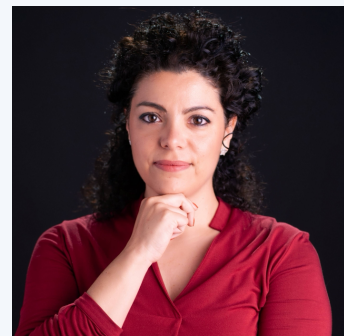
RI Past President



Sérgio Almeida

MODERATOR • PORTUGAL

Mental Health Breakout Sessions
Lead and Co-moderator



Claudia Caluori

MODERATOR • ITALY

Co-moderator



Sanela Music-Lee

SPEAKER • SWITZERLAND

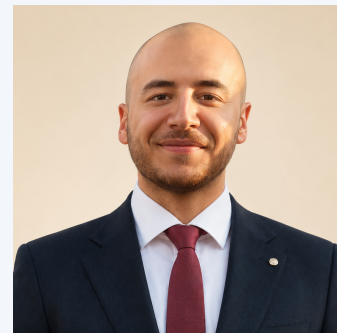
Rotary International Representative
to UN Geneva



Wico Mulder

SPEAKER • THE NETHERLANDS

Network Consultant — Mental Health
and Assistance



Iñaki Villa Nunez

SPEAKER • SPAIN

Rotary Club del Metaverso D2203

SESSION 1 • MORNING

Programme — 60 minutes

FORMAT	DURATION	THEME
Breakout session	60 minutes	To Belong

A focused sequence from reflection to dialogue, participation and commitment.

00:00–00:03	OPENING REFLECTION Moderator A short invitation to arrive, connect and consider what belonging means.
00:03–00:08	INSPIRATIONAL MESSAGE Gordon McNally A global Rotary perspective on human connection and purposeful action.
00:08–00:43	CALL TO ACTION CONVERSATION Moderated panel Three perspectives, one shared challenge.
↳	From Mental Health to Social Cohesion Sanela Music-Lee Why belonging is a foundation for peace.
↳	Youth Anxiety Wico Mulder A generation searching for purpose.
↳	Belonging in the Metaverse Iñaki Villa Nunez How a virtual Rotary club builds real relationships, belonging and wellbeing.
00:43–00:55	AUDIENCE INTERACTION All participants Questions, reflections and practical connections with the room.
00:55–01:00	CALL TO ACTION & CLOSING Moderators A clear next step: turn connection into action.

MODERATED BY

Sérgio Almeida (Portugal) • Claudia Caluori (Italy)