



BREAKOUT SESSION • MENTAL HEALTH



LEADERS WHO CARE

Self-Leadership, Brain Health and Cultures of Care

SESSION VISION

Mental health is a leadership responsibility. Leaders who care begin with self-awareness and resilience, understand how stress and belonging influence the brain and wellbeing, and turn awareness into cultures where people feel safe, supported and able to thrive.

Proposed by Sérgio Almeida

THE PEOPLE BEHIND THE CONVERSATION

Speakers & Moderators

Six voices connecting self-leadership, brain health, psychological safety and community action.



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



Steve Martin

SPEAKER • ENGLAND

Rotary International Director Elect



Ana Mafalda Reis

SPEAKER • PORTUGAL

President, Portuguese Society of
Neuroradiology • DGE D1970



Stan Uyland

SPEAKER • THE NETHERLANDS

Founder & Chair, Rotary Mental
Health Netherlands

ONE SHARED PURPOSE

Leadership becomes care when culture makes room for wellbeing, trust and psychological safety. Self-leadership is the first step before leading others.

This session explores the role of leadership in building psychologically healthier clubs, organizations and communities. The conversation invites leaders to turn care into culture — creating environments where people feel safe, valued and able to grow.

SESSION 2 • AFTERNOON

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 caring leadership and purposeful action.
00:08–00:43	CALL TO ACTION CONVERSATION Moderated panel Three perspectives, one shared challenge.
↳	Leading Yourself Before Leading Others Steve Martin Lessons in resilience, courage and service.
↳	Leading with the Brain in Mind Ana Mafalda Reis How stress, trust and belonging influence wellbeing and leadership.
↳	From Awareness to Action Stan Uyland How Rotary can break stigma and build a culture of mental 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)