

**Executive Summary of Global Youth Mental Health Awareness Mindset Summit In Collaboration With ZINZINO and Wellbeing Health Retreats held on the 21st of February, 2021.**

**Theme: Finding The Mindset Tools to Overcome Challenges.**

**Time: 8:00am GMT**

**DAY 2:**

**Guest Speakers;**

- Anthony Neale- GYMHA Chairperson, Governance, High Performance Wellbeing Organizational Consultant, Wellbeing Health Retreats.
- Prof. Jude Ediae- Founder/CEO at GYMHA
- Dr Nasrin Parsian- Holistic health Educator, Emotional Health Consultant and Coach, Academic Nurse, Hypnotherapist.
- Monga Mukasa- School Community Liaison Officer and Indigenous and Multicultural Coordinator.
- Ms. Rida Aleem Khan- Miss South Asia Australia, and GYMHA Multicultural Ambassador.
- Reena Strehle- Balance Coach, 30 years' experience in Corporate Australia, 40 years' experience as a Meditator, Global Facilitator and Networker, Delivers Sustainability, Diversity and Wellbeing outcomes.
- Prof. Peter A. Bheda- Principal at PB Global Advisory LLC, Adjunct Professor- BOSTON UNIVERSITY School of Hospitality Administration, Top 50 Global Key Influencers- 2020 eYs Magazine.
- Prof. (Dr.) Jared Akama Onyari- Chaplain, Lecturer, President of Peace society of Kenya.
- Toli Papadopoulos- GYMHA Public Officer.
- Amb. Maurice C Ugochukwu- GYMHA Treasurer.
- Bobby Dsouza- Renowned keynote speaker, Author, Leadership speaker, Motivational speaker, Sales speaker, Drums and human percussionists.
- Chipu Juru- Paediatric Speech Pathologist, Victorian Multicultural Commission's Regional Advisory Council Member.
- Edith Wanyonyi- Counseling Psychologist, Community Development Worker, GYMHA Ambassador and Volunteer.
- KATINDA NDOLA – Australia Empowerment Queen, Moderator, THE FOUNDER OF [confidenceandselfesteem.com](http://confidenceandselfesteem.com) AND THE AUTHOR OF “THE BIG COMEBACK” BOOK.

- Mahmooda Lowe- Moderator: Chairperson at New Hope Foundation - Zimbabwe.
- Dr Beatrice Dupwa- Midwife, Ministry of Health Zimbabwe and Child Care, Zimbabwe, National HIV Testing Services training officer.
- Seetha Sagar- Personal Development Trainer, Lifestyle Consultant, Motivational Speaker, Mentor.
- Michelle James- Director & Founder, AUS Career Coach
- Ameh Zion- Founder and President at The Mandate Health Empowerment Initiative.
- Ngosa Bwalya- GYMHA Member and ambassador.
- Dr. Igweshi Augustine- Executive director/Int'l President Center for Peace Advocacy and Sustainable Development (CEPASDAfrica).
- David Naboare- National President at Ghana National Association of Community Mental Health Officers (GNACMHOs).
- Mr. Adigun Temitayo- President/Co-Founder of Wheels of Hope Rising Foundation, Vice President of Africa Project Management and Development at the Global Goodwill Ambassadors Foundation – United States.
- Kibe Edwin Gitau- Certified Addictions Psychologist in Kenya and consultant, GYMHA Multicultural Ambassador.
- Deepshikha Tripathi Jha- Counselling Psychologist, Life-Coach, Soft Skills Trainer, International Speaker, Passionpreneur, Humanitarian, Law of Attraction Practitioner, EFT and TFT Practitioner, CEO / Founder at Prayas, Project Director at Poornpeetham, Counselor at Thrive Global platform.
- Dr Nthathi Rametse MIPA, AFA, Senior Academic and Co-Founder at International Institute of Leadership and Enterprise Solutions.
- Laretta Chikondi Chithope-Mwale- Toastmaster, Accountant, certified pan African game changer, public speaker, volunteer, Co-founder of MAC event planners, and GYMHA Volunteer.
- Prof. (Dr.) Raj Kumar Singh-/Dean (R&D) & HOD (Department of Commerce), Chairperson Centre For Entrepreneurship, Innovation & Skill Development School of Management Sciences, Varanasi, India.
- Ms. Tariro Kutadza- HIV/TB Advocate, GGAF and GYMHA Ambassador, and Volunteer.

#### **Summit Highlights:**

- Understanding the nature and different levels of challenge

- Highlight Major challenges affecting young people and their significant causes
- Youthful way to find inner strength
- Mind your thoughts they might come true
- When things go on unpredicted way
- Find your path even when everything seems dark and gloomy
- Positive mindset
- Youthful ways to find Responsibility.
- Youthful ways to find unconditional Love
- You are not alone
- Poem and live music performances
- Quizzes competition, Prizes, and Award
- Certificate of participation to boost resume (upon request)

**Event Summary:**

The program commenced at about 8:00 am AEST. There was a formal introduction and welcoming of participants from different parts of the world by the moderator, Chipu Juru, Paediatric Speech Pathologist, Victoria Multicultural Commission's Regional Advisory Council Member. This was followed by an introduction of the guest speakers for Day Two (2).

The first speaker introduced was Dr. Magdalene Gomez. She related her experiences of how she was abused. From her experiences she discovered that lack of self believe give people the opportunity to abuse and use you. She related the positive mindset tools that helped her become better. This includes; Resistance. According to her, one must let go of all resistance due to one's upbringing. We must learn to let go of all negative emotions, know who we are and reset our belief system. Secondly, Understand what your past gave you as a gift instead of only focusing on the negative aspect and pain. Create your gain out of it. According to her, you can create a new you from all of your experiences. Work on your self esteem, show compassion and love to people and learn to trust your intuition.

The next speaker, Prof. (Dr.) Raj Kumar Singh talked about the importance of developing what he called, "Adversity Quotient." According to him, "Young people are often taught about how to become success without being taught how to handle failure. Adversity Quotient involves both spiritual and emotional component." He further stressed on the need to develop a balance in these areas in order to handle adversities when they arise. Two ways to develop ones Adversity Quotient includes; See it. One must learn to acknowledge that situation. Secondly, Try to solve it. Devise a set plan to solve that problem. Thirdly, Do what is possible and important. Finally, he ended with saying, " Stand up when you are defeated. You will need to turn your wounds into wisdom. Believe you can and you are half already there. Have a good sense of humor and positive mindset and be mentally prepared for adversity.

The next speaker, Bobby Dsouza talked about how to build a positive mindset relating his experiences. According to him, humans are often faced with terrible times but then to move on, one needs to build a positive mindset. This includes; Be intentional about building a positive mindset. It's a personal responsibility which no one can do except you. You have the ability to scale through no matter what. Secondly, Surround yourself with positive minded people and things. Quieten your inner self with beautiful things so as not to be externally affected by negativity. When you are not emotional, you are logical, when you are logical, you can think well, when you can think well and are more creative, you produce more results and feel fulfilled.

The next speaker, Michelle James talked about Job search challenge faced by migrants in Australia. She further talked about the events put up by her organisation in partnership with GYMHA to help support Job applicants.

The next speaker, Deepshikha Tripathi Jha, talked about "Ways to find unconditional love." According to her, Unconditional love is true love that involves putting people's need above our own need without demanding for anything in return. She outlined seven ways to find and give unconditional love. Firstly, Acceptance. Secondly, Adaptability. Thirdly, Love yourself unconditionally. Fourthly, Although love can be sometimes uncomfortable, be prepared. Furthermore, Learn to forgive no matter what. Also, show love to those whom you think don't deserve it. Finally, practice unconditional love without expecting anything from others. Be kind and compassionate to yourself and others as well.

The next speaker, Toli Papadopoulos, spoke on the "Concept of how you are not alone." He outlined three points. Firstly, Turn to others for support. Secondly, Get help. Thirdly, Put things in perspective. Finally, he ended by advising, "We can't overcome our challenges until we open up and speak out. Someone out there has faced similar challenges to ours and will be of great help."

The next speaker, David Naboare, talked about positive mindset amongst members of the community. According to him, young people in our community are to be supported and encouraged especially those going through mental health issues. They should be taught about positive mindset which will birth a unified community and positive society.

The next speaker, Kibe Edwin Gitau, spoke about "Overcoming failure." According to him, "Failure does not exist without success. As we plan for success, likewise should we plan to handle failure when it comes." He went further to outline steps to overcoming failure. Firstly, Identify the issue at hand and accept it. Secondly, don't live in denial, take responsibility for your challenge. Finally, don't look for excuses, tackle the challenge at hand.

The next session was the questions and answers segments. Questions were asked and answered by the panellists present after which the last speaker was introduced.

Ameh Zion talked about mastering and knowing oneself as a positive mindset tool. He talked extensively until he was cut short due to network instability.

The summit came to an end with a closing remark by Anthony Neale, GYMHA Chairperson, on behalf of the host organisation, Global Youth Mental Health Awareness (GYMHA). He appreciated the participants and panellists present and encouraged them to support GYMHA in any form they can. The moderator ended the summit by thanking the organizers as well as the partners organisation.

#### **GYMHA Recommendations:**

1. Youth mental health awareness, engagement and integration.
2. Job opportunities.
3. Early intervention and prevention.
4. Critical awareness of substance abuse.
5. Rapid, easy and affordable access to Youth specific care.
6. Best strategies on Youth psychological first aid.
7. Youth partnership and engagement across various sectors.
8. Family engagement and support. Such as kindness, empathy, love, etc.
9. Promote multi-stakeholder collaboration to advance state, federal, and global efforts in favour of good youth mental health.

10. Improve access to mental healthcare and encourage the development of novel drugs and therapies for the treatment of Ghanaian youth mental health conditions.

### **Supporting Partners**

- Wellbeing Health Retreats
- Zinzino
- PB Global Advisory LLC
- Women and AIDS Support Network
- New Hope Foundation
- Center for Peace Advocacy and Sustainable Development (CEPASD)
- Confidenceandselfesteem.com
- AUS Career Coach
- Wheels of Hope Rising Foundation
- Dr Nas Inner Wellness
- David Naboare Foundation
- Peace society of Kenya
- The Mandate Health Empowerment Initiative

### **Contact Us:**

#### **Our social media handles:**

Facebook: <https://www.facebook.com/Global-Youth-Mental-Health-Awareness-GYMHA-318074815739705/>

LinkedIn: [https://www.linkedin.com/.../global-youth-mental-health-awa.../...](https://www.linkedin.com/.../global-youth-mental-health-awa.../)

Twitter: <https://twitter.com/GymhaOrg><https://www.globalgoodwillambassadors.org/>

GYMHA YouTube channel: <https://youtube.com/channel/UCQwrExehjRgmYgQcMBkQWUw>

Website: [visit:www.gymha.org](http://www.gymha.org)

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