

## FED Talks at Annual Gathering Festival 2019: Mental Health, Ph.D. and Politics

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### "TED Talks" with a FFWPU twist!

A couple of years ago, FED Talks were introduced to the [Annual Gathering Festival](#) programme – with great success!

Topics that have been presented in the past include Home Groups and the Cranes Club, and this year's talks show every sign of being just as interesting and engaging.



Read on for a preview of what our speakers have in store for you:

### **Healthy Minds – Mental Health in the FFWPU Community** **Speaker: Elisa Uhnak-Brann**



Every year, one in four people experience some form of mental health problems. Members of FFWPU community are not immune to such issues. [Healthy Minds](#) is a project that was initiated under Cranes Club Europe, as a way of enhancing the European Unification Church community culture, prioritising the wellbeing of membership and supporting the needs of members with mental health issues. In this presentation, Elisa Brann (one of the initiators of the project), will be presenting an overview of the project so far. This includes a review of True Father's words on mental health and where that leaves our community in terms of supporting members. She will also introduce the [Healthy Minds questionnaire](#), which seeks to gather information about mental health in two of Europe's largest communities (Germany and UK).

## Behind the Scenes: What Is Doing a PhD Really Like...

Speaker: Jana Rozehnalova



People hold different views about higher education and whether it is important/necessary to obtain further qualifications. When it comes to PhD, the situation is no different. However, what seems to be commonly agreed on is that every single PhD journey is a unique and individual experience, although there are some shared patterns when it comes to conducting research.

The purpose of this talk is to share one such experience and reveal some of the aspects of doing a PhD that happen "behind the scenes". The author will talk about her own PhD journey, discussing some of the challenges she needed to overcome, as well as successes that were achieved along the way. She will share some of the research findings, which focused on the role of positive psychology in the treatment of overweight and obesity and its effects on molecular genetic pathways involved.

## My Journey to Becoming Mayor of Devizes, England

Speaker: Andy Johnson



For the last 8 years, I have worked with different communities, museums, etc. and Devizes Town Council. I have found it is easier to influence society from within, but internally holding the principle as my guide, and inspiration in all I try to do. I have no real formal education and come from a very humble background, but God has plans and dreams for us all. Certainly beyond my comprehension or expectation.

If you want to try and make a real difference where you live, I might be able to give you a hint about how to go about it. There are lots of ways, perhaps something for you to try. At least come and listen to the story of my journey to becoming Mayor of Devizes.