

Gregor Baum, originally from Germany, came to the United States as an international student on a tennis scholarship and recently graduated with degrees in Business Administration and Leadership from North Carolina Wesleyan University. His athletic aspirations were cut short by an injury that led him into depression. With the support of his school counselor, Gregor found strength through adversity and discovered a deep passion for mental health advocacy.

At Wesleyan, he founded the Rotaract Club and now serves as the Rotaract Representative for District 7720. He is the author of *The Rotary Mindset*, a book that inspired the creation of GH Inner Performance, a company focused on mental health, mindset, and overcoming adversity. His social-emotional learning (SEL) workbook and course have been implemented across school districts nationwide and were recently adopted by Nash and Wilson County Schools in North Carolina.

Gregor has shared his story at schools, clubs, and international conferences, emphasizing the urgent need for mental health initiatives in education. Through his public speaking, he continues to advocate for more accessible mental health resources in schools across the country.

Most recently, Gregor established a scholarship at North Carolina Wesleyan University to support fellow international students in pursuing their own American dream. In recognition of his impactful work in mental health advocacy and contributions to schools and communities across the state, he recently received a North Carolina Senate Certification of Commendation from State Senator Lisa Barnes.

Recent News Coverage:

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- Baum, G. M. (2024). My Rotary Youth Exchange – transforming pain into purpose. *Blog Rotary*. <https://blog.rotary.org/2024/10/18/my-rotary-youth-exchange-transforming-pain-into-purpose/>
- Beachy, L. (2024). Twin rivers YMCA puts on mental health event for teens. *WNCT*. Retrieved from <https://www.wnct.com/local-news/twin-rivers-ymca-holds-mental-health-event-for-teens/>.
- Contributed Reports. (2023). N.C. Wesleyan students target mental health. *Rocky Mount Telegram eEdition*. Retrieved from https://www.rockymounttelegram.com/features/school_news/n-c-wesleyan-students-target-mental-health/article_3d09c962-42c4-523d-a906-e62445eeb57b.html.
- Dave Cruz Staff. (2024). University students, rotary clubs team up to improve mental health in schools. *Rocky Mount Telegram eEdition*. Retrieved from https://www.rockymounttelegram.com/features/school_news/university-students-rotary-clubs-team-up-to-improve-mental-health-in-schools/article_cef0b14a-a58f-11ef-9299-434f125fbbcf.html.
- Finch, H. L. (2024). Rotary clubs of nash county donates SEL journals to support nash county public schools counselors and students. *Nash County Public Schools News*. Retrieved from <https://www.ncpschools.net/article/1869720>.
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- The Rotary Club of New Bern. (2024). Speaker shares how rotary shaped his life and purpose. *New Bern Live*. Retrieved from <https://newbernlive.org/speaker-shares-how-rotary-shaped-his-life-and-purpose-p5208-174.htm>.