

Entrepreneurship4A11

Winter Well-Being Academy Tools and Resources



Welcome to the Entrepreneurship4All Winter Well-Being Academy Tools and Resources Guidebook.

In this Guidebook you will find links to a variety of tools, websites, podcasts, blogs, videos and more to support your entrepreneurial journey. This is, of course, just a taster, there is a whole world of resources out there. If you find something interesting why not share it in the Entrepreneurship4All Academy Community on LinkedIn.

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Scan the QR codes or click the links to access each resource.







Entrepreneurship4All

Session 1 - Positive Thinking





Entrepreneurship4All: Entrepreneurial Mindset

Deepen your knowledge and learn more about developing your entrepreneurial mindset with these courses from Entrepreneurship4All. All courses are free to access, you can also earn a digital badge for each course you complete.



Course 1.1

Thinking Like an

Entrepreneur

Go to the course!



Course 2.1 **Using an Entrepreneurial Mindset in my Business**

Go to the course!



Course 3.1

Empowering my
Entrepreneurial Mindset

Go to the course!

Entrepreneurship4All: Positive Emotions Balance

1 - Joy

the feeling that everything is going well

2 - Gratitude

the sensation that values receiving an action that has benefited us

3 - Peace

the feeling of tranquillity and relaxation

4 - Interest

the feeling of curiosity to learn or discover something

5 - Hope

everything will get better

6 - Pride

the feeling that values our effort

7 - Inspiration

the feeling of searching for new possibilities to give the best of ourselves

8 - Fun

the pleasant sensation that involves sharing laughter

9 - Admiration

the sensation that arises when valuing something greater than oneself

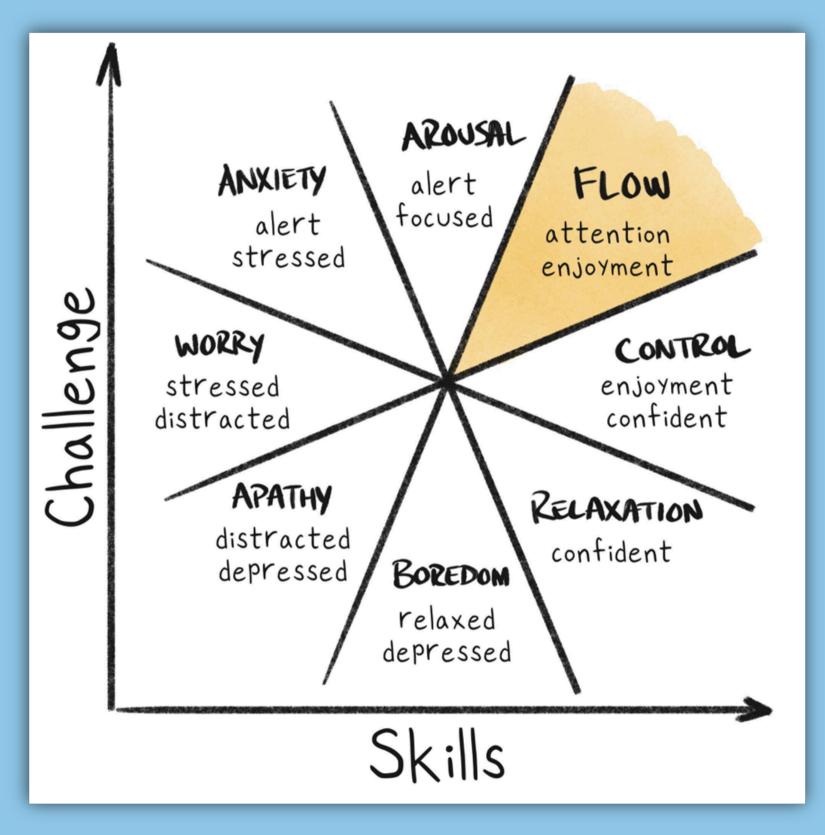
10 - Love

the feeling that allows you to trust that the intense feeling of deep affection that includes the other 9 emotions

Think about each of these emotions, what is the first thing that comes to mind? How many of these emotions do you feel each day?



Entrepreneurship4All: Flow Experiences



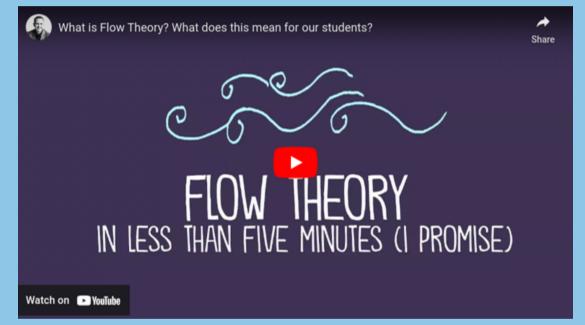
- ✓ Increased engagement
- ✓ Optimal performance
- ✓ Emotional regulation
- ✓ Accelerated skill development
- ✓ More happiness
- ✓ Intrinsic motivation
- ✓ Unlocks creativity

What helps you get into the flow? Look for what brings you to an optimal level of attention and enjoyment, that make you neither bored nor overwhelmed.



Entrepreneurship4All Winter Well-Being Academy: Positive Thinking

Additional Resources: Videos







Flow Theory in Less Than Five Minutes

PERMA the Wellbeing model of Positive

Psychology

What is Positive Psychology?

Entrepreneurship4All Winter Well-Being Academy: Positive Thinking Additional Resources: Articles

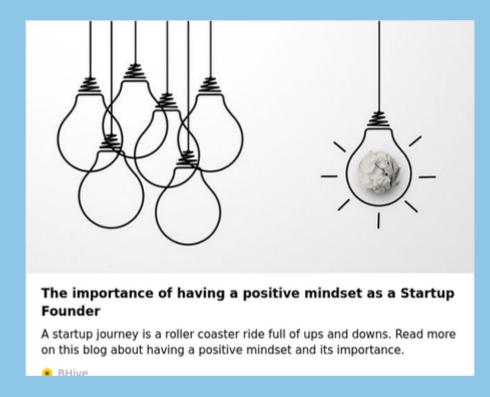


How to Harness The Power of Positive Thinking for Personal and Business Growth

Your thoughts have immense power over your reality. Learn how to control and utilize them for entrepreneurial success.

Entrepreneur / Aug 17, 2022

How to Harness the Power of Positive Thinking for Personal and Business Growth



The Importance of Having a
Positive Mindset as a Startup
Founder



The Power of a Positive
Entrepreneurial Mindset

The Power of Positive Thinking in Entrepreneurship

Harnessing the Power of Positivity to Drive Entrepreneurial Success

medium.com

The Power of Positive Thinking in Entrepreneurship



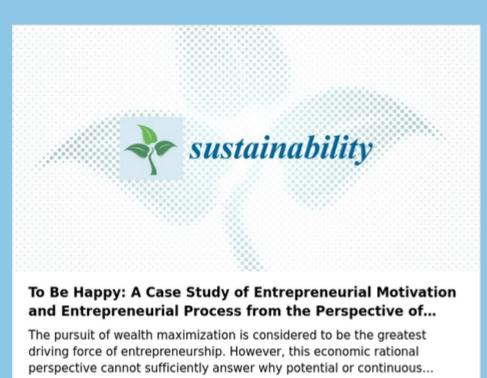
7 Scientifically Proven Benefits of Consuming Good News

Recent studies have proven that there are several benefits of consuming good news—benefits that...

Good News Utah / Oct 4, 2022

7 Scientifically Proven Benefits of Consuming Good News by Amanda Scheldt

Entrepreneurship4All Winter Well-Being Academy: Positive Thinking Additional Resources: Research



To Be Happy: A Case Study
of Entrepreneurial
Motivation and
Entrepreneurial Process
from the Perspective of
Positive Psychology.



IJISET - International Journal of Innovative Science, Engineering & Technology, Vol. 4 Issue 9, September 2017 ISSN (Online) 2348 – 7968 | Impact Factor (2016) – 5.264

Positive Psychology and Its Impact on Entrepreneurship Case Study of Boushehr Hospitals

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Abstract

In the past, economic capital and tangible Fiscal assets were attracted the most attention. However the current effective managers, The importance of intangible resources as well as physical resources and data have understood Among which can be positive influences in the organization Psychology The organization cited as psychological capital. The aim of this study The pattern of the relationship between the structural components Positive psychology is the creativity and entrepreneurship.

and entrepreneurship.

The study population consisted of 435 employees of boushehr hospitals that is determined using Cochran formula; the sample size became 332 people. In addition to collecting data, a questionnaire and to analyze the data, Pearson correlation and structural equation modeling (SEM) were used. The results of structural equation modeling show that hope and efficacy, resiliency has a direct relationship with creativity. As well as self-efficacy, hope, resiliency and optimism have a direct and significant relationship with creativity and entrepreneurship. Moreover creativity is a partial mediator of the relationship between optimism and self-efficacy to corporate entrepreneurship. In other words, hope and self-efficacy are effective through creative influence on entrepreneurship.

Keywords: psychological capital, innovation, entrepreneurship, boushehr hospitals

1.Introduction

Positive Psychology is a new approach that focuses on understanding and explaining the psychology of happiness and subjective wellbeing as well as detailed forecasts of influential factors. From the perspective of positive psychology, the absence of symptoms of mental illness are not considered as health indices, but consistency, happiness and selfconfidence and positive characteristics will indicate the healthy mood that the main purpose of the individual's health is to flourish their functionality (Farhangi, 78:2007). So Positive Psychologists emphasize on the existence of positive characteristics and consider the growth of individual abilities and positive mental aspects. psychological Capital is the positivism index, which has features such as a person's belief in his ability to succeed, perseverance in the pursuit of goals, make positive attributions about themselves and endure the daily problems defined (Luthans, 60:2007).

"Seligman" believes that psychological capital involves the positive aspects of man's life. He believes that human and social capital is obvious, it is easily visible and can be easily measured and controlled. While psychological capital has more potential, and its Positive Psychology and Its
Impact on
Entrepreneurship Case
Study of Boushehr
Hospitals

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Entrepreneurship4A11 Session 2 Resilient Mindsets



Entrepreneurship4All: Financial Literacy

Deepen your knowledge and learn more about developing your financial literacy with these courses from Entrepreneurship4All. All courses are free to access, you can also earn a digital badge for each course you complete.



Course 1.2

Financial literacy for entrepreneurship

Go to the course!



Course 2.2

Financial literacy in my
business

Go to the course!



Course 3.2

Financial literacy for business
growth

Go to the course!

Entrepreneurship4All: Resilient Mindsets

Resilient Mindsets Framework: The 3Cs of Resilience



CHALLENGE

is seeing change and novelty as exciting and as an opportunity for you to learn and grow.



CONTROL

is having a sense of self-efficacy and the belief that you can influence outcomes in your life.



COMMITMENT

is being engaged and seeing most parts of your life as interesting and meaningful.

The Three C's of Adversity: Commitment, Challenge and Control

Ahmed and Alex both don't receive an internship offer they really want. Both of them feel disappointed. While Ahmed seeks advice about how...

M: MindTales / Dec. 29. 2021

The Three C's of Adversity: Commitment, Challenge and Control

Entrepreneurship4All: Resilient Mindsets - Additional Resources

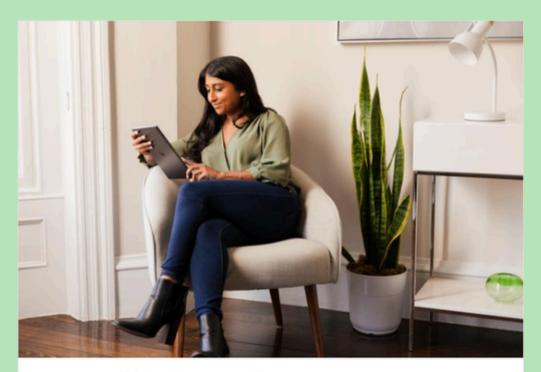


How Does Nature Encourage Resilience? — Collection

Some of the gravest threats we face are the ones that just keep coming back. See strategies nature has developed to survive and even thrive through relentless adversity.

asknature.org

How Does Nature Encourage Resilience



How To Build Business Resilience

Business resilience refers to a business's ability to anticipate, prepare for, respond, and adapt to disruptions to maintain continuous operations.

HubSpot / Feb 11

How To Build Business Resilience



Council Post: Harnessing The Optimism Of Resilience In Entrepreneurship

Resilience is not just about falling down, getting back up and carrying on regardless.

Forbes / Aug 13, 2024

Harnessing the Optimism of Resilience in Entrepreneurship



Session 3 - Wellness and Leadership





Entrepreneurship4Al Winter Well-Being Academy: Well-Being and Leadership Additional Resources



Al Coach Marlee

Entrepreneurship4Al Winter Well-Being Academy: Well-Being and Leadership

WHAT'S THE DIFF? Trust and Psychological Safety

Psychological safety is the belief that your environment is safe for interpersonal risk-taking. It's similar, but slightly different from, trust.

TRUST

Will **YOU** give others the benefit of the doubt when you take a risk?



"Bob is probably going to freak out if I disagree with him."

PSYCHOLOGICAL SAFETY

Will **OTHERS** give you the benefit of the doubt when you take a risk?



"My team expects me to speak up. It's how we do things."

Sources: Edmondson, A. C. (2002). Managing the risk of learning: Psychological safety in work teams. Boston, MA: Division of Research, Harvard Business School, and Frazier, M. L., Fainshmidt, S., Klinger, R. L., Pezeshkan, A., & Vracheva, V. (2017). Psychological safety: A meta-analytic review and extension. Personnel Psychology, 70(1), 113-165.





Five questions about psychological safety, answered

Originally published in ScienceForWork. Key points Psychological safety exists when people feel their team is a place where they can speak up, offer i

RealKM / Jul 24, 2021

Five questions about psychological safety, answered

Entrepreneurship4Al Winter Well-Being Academy: Well-Being and Leadership

Examples of Flexible Work Policies:

- ✓ Flexible Work Hours Employees can start and end their workday at different times, based on their peak productivity or personal needs.
- Remote or Hybrid Work Options Allowing employees to work from home part- or full-time to reduce commuting stress and improve focus.
- Compressed Workweeks Working four 10-hour days instead of five 8-hour days to create longer weekends.
- Job Sharing Two employees split the responsibilities of one full-time role.
- Output-Based Performance Shifting focus from "hours worked" to "tasks completed" to encourage autonomy.

Entrepreneurship4Al Winter Well-Being Academy: Well-Being and Leadership Chat Prompt for AI-Generated Personalized Well-being Roadmap

"I want to create a personalized well-being roadmap to maintain my energy, focus, and leadership effectiveness throughout the year. Here's what I've identified as my key well-being priorities:

- ✓ Physical well-being: [e.g., better sleep, regular exercise, nutrition]
- ✓ Mental well-being: [e.g., stress management, mindfulness, emotional resilience]
- ✓ Work-life balance: [e.g., setting boundaries, time management, reducing burnout]
- ✓ Leadership well-being: [e.g., leading with empathy, fostering team morale, effective delegation]

Based on these priorities, can you generate a structured well-being plan for me? Please include:

- 1 Daily micro-habits I can incorporate into my routine
- 2 Weekly or monthly check-ins to track my progress
- 3 Practical leadership strategies to support my team's well-being
- 4 An accountability system or reminders to stay on track
- 5 Optional A follow-up email template summarizing my roadmap with action steps"

How This Works

- The AI will analyse the provided priorities and generate a customized well-being plan.
- > It will suggest small, manageable habits that fit into a busy schedule.
- ├── It can provide automated check-in reminders for accountability.
- → If integrated into Notion AI, Habitica, or an email automation tool, the plan can be tracked over time.



