

The Resilient Entrepreneur

Techniques to Help Entrepreneurs Cope with Stress and Isolation

Techniques for Coping with Stress and Isolation

Stronger Mind. Stronger Business.

Entrepreneurship is exciting, but it can also be overwhelming. Long hours, high stakes, and the pressure to succeed often lead to stress and isolation. But resilience isn't just about surviving—it's about thriving in the face of challenges.

This transformational masterclass offers a safe, supportive space where entrepreneurs can explore practical techniques to build resilience, manage stress, and cultivate a healthier mindset. Through expert insights, interactive exercises, and peer connections, you'll gain tools to maintain mental and emotional well-being while navigating the demands of business leadership.

Identify & Manage Stressors



Understand the unique pressures entrepreneurs face and how to address them.

Resilience in Action



Practice mindfulness, stress management, and self-reflection techniques tailored for entrepreneurs.

Build a Support Network



Connect with fellow entrepreneurs and foster a community of shared support and encouragement.

Achieve Work-Life Balance



Gain insights from mental health experts on balancing business demands with personal well-being.

Strengthen mindset, manage stress, thrive sustainably

facilitated by Frad Dahall



How it works?



Identifying Stressors

Recognize the most common entrepreneurial stress points and learn how to manage them effectively.



Resilience in Action

Engage in guided exercises and techniques to develop a mindset of resilience and adaptability.



Peer Networks for Support

Build meaningful connections with like-minded entrepreneurs who understand your journey.



Holistic Well-Being

Learn strategies to balance work, health, and personal fulfilment for long-term success.

Who should attend?

This masterclass is ideal for entrepreneurs, startup founders and business owners who:

- Experience the stress and isolation that come with business leadership.
- Want to build emotional and mental resilience to sustain their success.
- Are looking for practical techniques to manage stress, stay motivated, and maintain a healthy work-life balance.

Invest in yourself. A resilient entrepreneur is a successful entrepreneur!

Get in touch

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Venue : Turbine, Les Kocottes
14 MAY 2026 | 08:30 - 12:30



Normal Price: MUR 9,000
Price after HRDC: MUR 2,700

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