

WELLBEING FOR ENTREPRENEURS

ODISEE UAS CAMPUS | BRUSSELS

23rd MAY 2023

10.00 a.m. – 3.00 p.m.

Entre **MWB**

Register your place

AN EVENT AROUND ENTREPRENEURS AND THEIR MENTAL WELL BEING

Few entrepreneurs find the right balance between work, life and mental wellbeing. Are you one of these? Do you want to be? During this one-day event, we will reveal a diversity of tools and techniques that we have researched and created over the last 18 months, to help (aspiring) entrepreneurs to manage, understand and improve their mental wellbeing.



Secure your seat and register for a free ticket

To start the day, Ronald Provoost, (founder of H3ROES) will share his thoughts about balancing between work and social life.

He will give some insights on how he found the right balance between economic value and social value in his company.

Followed by a Carousel of Workshops on

**Resilience | Reading the Signs |
Time Management | Reflection |
Networking | Mental Well-Being**

Register for free



The Programme

10.00 Opening

10:10 Welcome to EntreMWB

10.25 Keynote | Ronald Provoost

11.15 Workshop carousel

Resilience | Reading the Signs | Time Management

12.25 Networking lunch

13.15 Workshop carousel

Reflection | Networking | Mental Well-Being

14.20 Introducing our online course and feedback

15.00 Conference Close

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About the speaker

Ronald Provoost has been helping organizations for more than 20 years to map market developments on the one hand and the visions of employees, customers and stakeholders on the other. All this with the aim that customers can make their policy decisions on optimal information. His substantive drive is to get exactly that information out of people that really contributes to better decisions of his customers. This is not only about mastering techniques for collecting this information, but also the translation within organizations, so that it really leads to change. Of course, rational and emotional components play a role in this. "You don't get it until you see it." A beautiful statement from Holland's best football player ever. It's true. That is why, according to Ronald, you can only bring about change if you really see what people want and if people see it themselves. You have to do good research for that, and you have to understand what you're researching. That's what he's going for.

Ronald can not only bring his experience of more than 20 years as an advisor, but also as an entrepreneur and director (including USP Marketing Consultancy). He is currently a member of H3ROES (H3ROES is a cooperative association of professionals who together want to make the Netherlands more customer-oriented. These professionals believe in a different economic model, in which positive experiences of people, in their role as customers or employees, ensure sustainable creation of value). Ronald is now also ad interim director at Het Vergeten Kind (= charity aimed at children in the Netherlands). He is also involved in advisory processes on residents' initiatives (from Nabij a collaborative initiative to ensure that residents' initiatives achieve maximum results) and in sensor-friendly municipalities (an initiative for supporting municipalities to ensure that seniors can grow old as pleasantly as possible).

A real entrepreneur, who found the right balance between work and joy.



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[More about the project partners](#)

Register your place

EntreMWB | Entrepreneurship Mental Well-being

The Entre-MWB Erasmus+ is a transnational education project aimed at developing practical and reflective learning materials that support and promote Mental Well-Being (MWB) amongst European entrepreneurs.

Our international partnership is made up of three universities, two SMEs, two associations and two social enterprises.

As part of our research, we conducted a large-scale survey among entrepreneurs and developed a range of learning and teaching materials which we will present during this event.

Project Purpose: The purpose of the project is to address the concerning effect that entrepreneurship has on the mental health of entrepreneurs across Europe;

Project Goal: The project seeks to support the entrepreneur across Europe and to ensure the effectiveness and efficiency of European start-ups by developing supportive and educational materials that support their health and well being.



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the campus

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Co-funded by the
Erasmus+ Programme
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