

Féidearthachtaí as Cuimse
Infinite Possibilities

Resilience and Well-Being

Lecture 6

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Why Balance Matters for Entrepreneurs with Disabilities

- Running a business is demanding — managing health adds complexity.
- Risks of burnout, stress, and reduced productivity.
- Benefits of balance: clearer thinking, better decision-making, sustainable energy.

The Well-Being Business Connection

- Good personal well-being supports: creativity, focus, relationships.
- Poor well-being impacts: judgment, adaptability, motivation.
- “Your business can’t thrive if you’re running on empty.”

What is Resilience?

- Positive and adaptive response to change and challenges.
- Ability to see different perspectives and options.
- Open, flexible mindset in the face of setbacks.

Five Questions to Boost Your Resilience

- How present will you be today (1–7)?
- How do you want to show up?
- What gives you energy?
- What are you learning from recent experiences?
- How else can you see this situation?

Energy Drivers vs Energy Drains

- Drivers: Good sleep, healthy food, fulfilling work, supportive relationships.
- Drains: Poor sleep, unhealthy consumption, toxic environments, overwork.
- Self-check: “Am I replenishing more than I’m spending?”

Boundaries for Balance

- Learning when to say “yes” and “no”.
- Avoid overcommitment.
- Scheduling downtime as a non-negotiable.

Flexible Thinking in Business & Life

- Reframing challenges: “What’s another way to look at this?”
- Example: Delayed order → Opportunity to improve communication systems.
- Quote: “We don’t see things as they are, we see them as we are.” – Anaïs Nin

The “What Went Well?” Practice

- Record 3 things that went well each day.
- Evidence: Improved happiness and reduced depression.
- Application: In personal life and business review meetings.

Class Exercise - The “What Went Well?” Reflection

- You have 5 minutes to do the following exercise
- Write down three things that went well this week, however small.
- Reflect on why each thing went well.
- If comfortable, share one in the chat.

- Debrief Question: “How did focusing on what went well shift your mindset just now?”

Strong Relationships, Strong Business

- Relationships as a resilience resource.
- Putting yourself in others' shoes.
- Action: Identify one relationship to strengthen this week.

Early Warning Signs of Imbalance

- Fatigue, irritability, frequent mistakes.
- Avoidance of key tasks.
- Withdrawal from social/professional interactions.

Tools for Maintaining Balance

- Time blocking for work/rest.
- Digital detox periods.
- Support networks and mentors.
- Mindfulness and breathing techniques.

Your Personal Well-Being Plan

- Identify top 3 energy drivers.
- Name 1 habit to strengthen.
- Name 1 drain to reduce or eliminate.
- Commit to review weekly.

Video Explainer – Resilience and the Entrepreneur

<https://youtu.be/m2C3IBb8qMg>

