

ENTRE2RISE



Entre2Rise “From Stress to Success to Rise – Empowering Entrepreneurial Mental Health for a Stronger Future”

Project number: 2025-1-CZ01-KA220-VET-000358582

Overview

This KA2 Erasmus+ project focuses on tackling the unique mental health challenges faced by startup entrepreneurs, with a particular emphasis on anxiety management. By fostering resilience and equipping entrepreneurs with stress management techniques, Entre2Rise seeks to create a sustainable framework that promotes both mental health and entrepreneurial success. The initiative aims to develop innovative educational materials, tools, and resources to support entrepreneurs' mental well-being.

Partners



Objectives

- Develop resources and training focused on managing anxiety among startup entrepreneurs.
- Advocate for mental health as a vital element in entrepreneurial success.
- Foster skill development in stress resilience and effective business leadership.
- Promote inclusivity by creating accessible, flexible resources for diverse learners.
- Build supportive networks connecting educators, mental health professionals, and entrepreneurial communities.

Advertising and Promotion

- 300+ entrepreneurs involved in research
- 50+ VET educators trained
- 18+ VET Trainers at LTTA – Trained in using the AI platform and insights on stress triggers and real-life management strategies
- 5 national awareness events
- 500+ users engaged with the EmpowerLearn platform

Project Deliverables

- AI EmpowerLearn Platform: Interactive online tool for stress management and learning.
- AI Chatbot: Real-time digital assistant for personalized mental health guidance within the Platform
- Online Anxiety Insight Navigator: AI-based self-assessment and coping tool within the Platform
- Entrepreneurial Mental Health Handbook: Practical guide for VET educators and entrepreneurs.
- Framework for VET Trainers: Integrating mental health into VET curricula.
- Success Stories Handbook: Case studies of entrepreneurs overcoming stress.
- Final Impact Report & Policy Recommendations: Strategies for adopting mental health education in VET and entrepreneurship training.

