

ENTRE2RISE

ENTRE2RISE "FROM STRESS TO SUCCESS TO RISE – EMPOWERING ENTREPRENEURIAL MENTAL HEALTH FOR A STRONGER FUTURE"

PROJECT NUMBER: 2025-1-CZ01-KA220-VET-000358582



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Project Goals

- Understand mental-health challenges faced by entrepreneurs
- Collect evidence through surveys and focus groups
- Develop practical support resources
- Strengthen resilience and well-being

Supporting Entrepreneurial Mental Health Across Europe

ENTRE2RISE is an Erasmus+ project that helps entrepreneurs, learners, and educators address stress, anxiety, and burnout.

By combining research, real-life experiences, and innovative learning resources, the project promotes resilience, well-being, and sustainable entrepreneurship.



5 countries • 6 partners • 1 shared mission

01/03



What the Research Revealed

407 participants took part in the ENTRE2RISE research:

- 129 Entrepreneurs
- 175 Learners
- 103 Educators & Trainers

The findings show that stress is a common part of entrepreneurial life and that more structured support is needed.

Key Findings

- **Stress is widespread**

60–85% of entrepreneurs experience work-related stress regularly.

- **Resilience is strong, but support is needed**

Many entrepreneurs remain productive under pressure, yet the findings highlight a need for more structured mental-health resources and peer-support networks.

- **Top stressors**

Workload, financial uncertainty, fear of failure, and work–life imbalance.

- **Failure is often seen as a learning opportunity**

More than half of respondents view setbacks as valuable experiences that contribute to personal and professional growth.

Focus Group Insights



The focus groups provided valuable insights into the everyday realities of entrepreneurship. Participants openly discussed the challenges of managing stress, uncertainty, and the pressure of balancing business responsibilities with personal well-being. Many emphasized the importance of peer support, practical coping strategies, and creating safe spaces where mental health can be discussed without stigma. The discussions also highlighted the need for accessible tools and resources that can help entrepreneurs build resilience and navigate challenges more effectively.

Behind every business is a person navigating challenges, uncertainty, and responsibility.



Success Stories

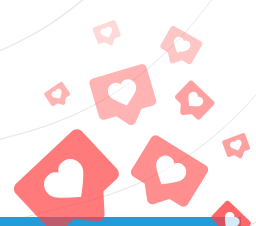
Through ENTRE2RISE, entrepreneurs from different sectors and countries shared their personal experiences with stress, anxiety, burnout, and work-life imbalance. Their stories demonstrate that challenges can be overcome through resilience, support networks, healthier routines, and better work practices. Together, these experiences highlight an important message: sustainable entrepreneurial success depends not only on business growth, but also on mental well-being and personal balance.

What's next

- Develop learning resources and support tools
- Introduce the Anxiety Navigator
- Train educators and entrepreneurs

Mental well-being is not separate from business success—it is part of it.

Entre2Rise Consortium



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