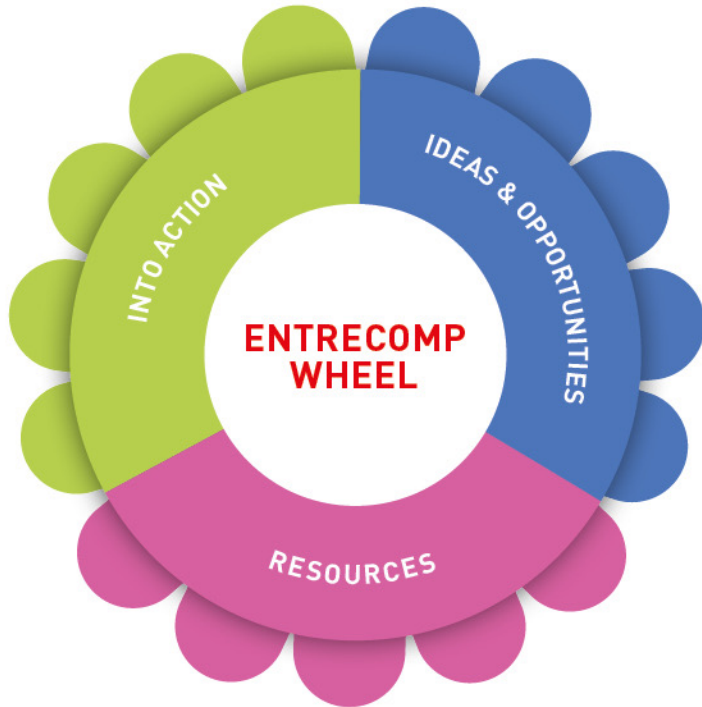


DISCOVER YOUR RESILIENCE

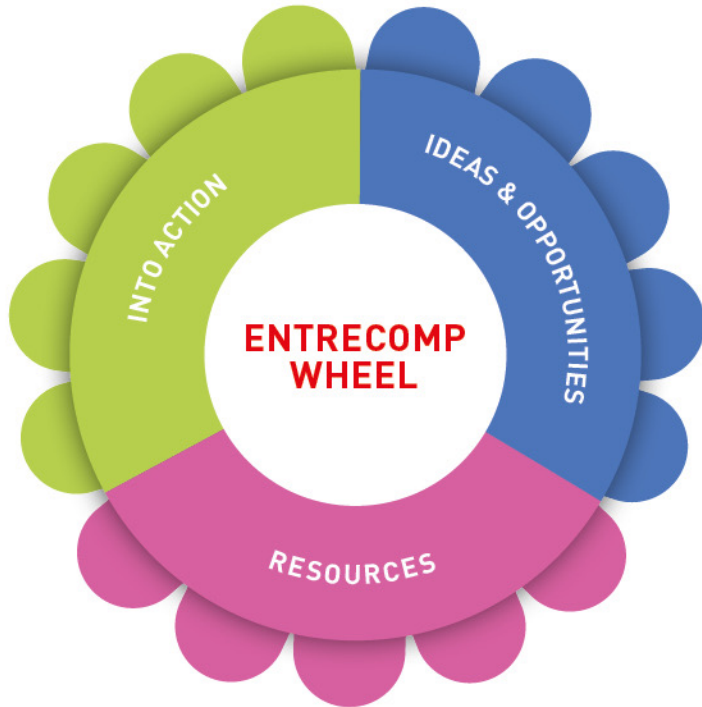


Skillset: EntreComp Wheel



- Tool to reflect on your personal development of entrepreneurial skills
- Developed by the Joint Research Centre (JRC) of the European Commission
- Made up of three competence areas: Ideas & Opportunities, Resources, Into Action
- Each area includes 5 competences

Resources



Which resources do you have to transform your ideas into action?

Competence

Hint

Self awareness & self-efficacy

believe in yourself and keep developing

Motivation & perseverance

stay focused and don't give up

Mobilising resources

gather and manage the resources you need

Financial & economic literacy

develop financial and economic know-how

Mobilising others

inspire, enthuse and get others on board

Resilience & adaptability are important traits in research and founding



- VUCA environments: volatile, uncertain, complex, ambiguous
- Founding & research rely heavily on moving past obstacles
- High performance becomes easier when we are balanced & content

What does resilience mean?



The **process and outcome of successfully adapting** to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

The American Psychological Association

What resilience is not:

- Thinking I won't face difficulty or distress
- Something I was or wasn't born with
- Avoiding emotional distress

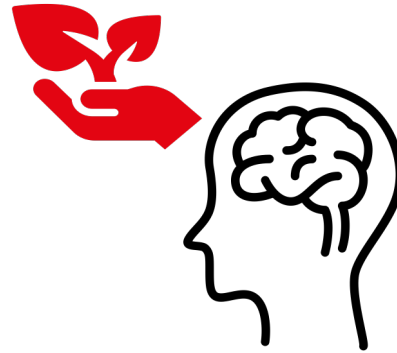


The good news: Resilience can be learned - and trained like a muscle!

There are two mindset types



Fixed Mindset

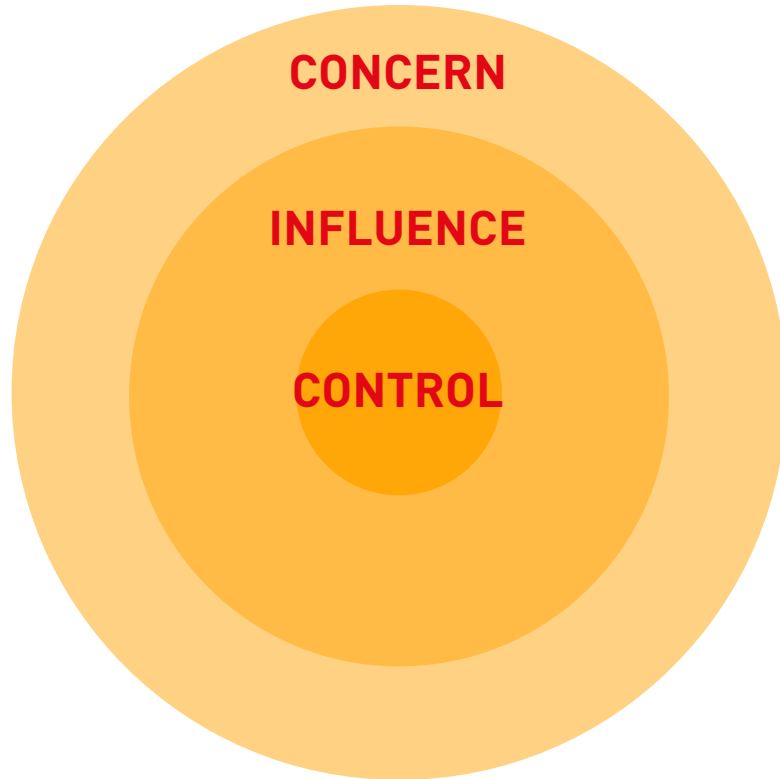


Growth Mindset

Five Factors of Resilience



Mindset: Circle of Influence



Circle of Concern

Wide range of concerns

Circle of Influence

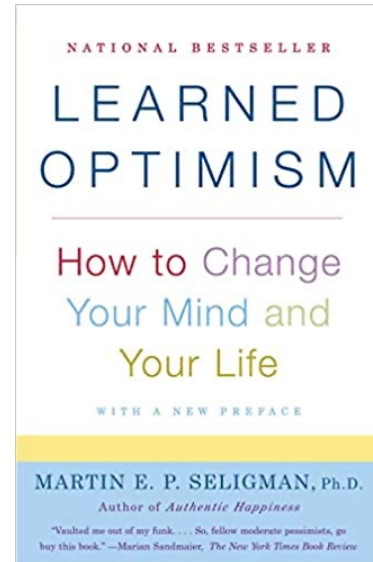
The concerns we can do something about

Circle of Control

What we can directly control

Changing your perspective to find self-efficacy

- What currently prevents you from adopting a more optimistic outlook on a seemingly negative situation?
- What can you do to regain a feeling of hope and optimism?



You already have most of the skills you need

One way to train your resilience is to tap into what you have learned from similar (or very different) past challenges. Explore your personal strengths!

- What can you remember that you already know but maybe have forgotten?
- Which supports and strategies could you rely on before?

Learning from past experiences

Think of past experiences and sources of personal strength:

- What kinds of situation are often stressful for me? How?
- To whom have I reached out for support?
- Have I been able to overcome obstacles, and how?
- What has helped me feel more hopeful about the future?

Sources of Resilience

Supports

that kept you upright

- I talked to my best friend over coffee*
- I called my mom*
- I booked a session with my therapist*

Strategies

that kept you moving

- I went for walk / to the gym*
- I wrote in my journal*

Sagacity

that gave you comfort & hope

- I remembered that I can grow from mistakes*
- I thought „I can do this!“*

Solution-Seeking

behaviours that you showed

- I asked an experienced colleague for help*
- I looked up other methods for my research problem*

