**Health, Well-being, and Entrepreneurship**

Keynote presentations: April 16, 5:30 – 7:00p

Location: Barsema Hall Auditorium, 740 Garden Rd., DeKalb, IL, 60115

**Research Forum:** April 17, 8:30 – 4:30p

Location: MATTER Chicago, Healthcare Incubator

222 Merchandise Mart Plaza, Suite 1230, Chicago, IL 60654

Organizers:

Tim Michaelis, Northern Illinois University

Maija Renko, DePaul University

**Event summary**

This unique event is designed to give a 360 degree view of health and entrepreneurship – a topic that is surprisingly uncommon yet impacts over 44 million self-employed adults in the United States[[1]](#footnote-1) and many more worldwide. In this event, you will hear from world leading experts, practicing entrepreneurs, community members, and current students on how health relates to starting and growing an entrepreneurial venture. At the end of this event multiple resources will be provided for how to get more involved in entrepreneurship at NIU and in the Chicagoland entrepreneurship ecosystem.

*Issue.* Half of millennials and 75% of Gen Zers have left a job due to mental health issues.[[2]](#footnote-2) This is concerning information, but even more concerning is that we do not yet know if entrepreneurs suffer from the same magnitude or number of issues relating to mental health and overall well-being. This is a big deal as Millennials and Gen Zers now make up the majority of the U.S. workforce1 and very few resources exist for self-employed individuals regarding both mental and physical health issues.

*Research spotlight.* Recent research suggests that individuals who start their own business are physically healthier than people working traditional, full-time, jobs; however, the self-employed have considerably worse mental health. In this event, we will shed light on why these health differences exist and how to address these issues to create a healthier, more entrepreneurial, workforce.

*Practice.* Entrepreneurship can be an extremely isolating process, and this can have detrimental effects on one’s mental health and physical well-being. Come hear from researchers and entrepreneurs about how to address these challenges.

*If you have considered launching your own business and want to be prepared for the realities of managing your own health while launching a venture – this is an event you don’t want to miss.*

**Sponsors:** Northern Illinois University, College of Business

DePaul University, Driehaus College of Business

MATTER Chicago, Healthcare Incubator

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**Morning Session: Research Forum Overview**

The purpose of this research workshop and forum is to bring together scholars working on health and well-being topics related to the process of new venture creation. Entrepreneurial health and well-being is now a clear domain of scholarly inquiry in the entrepreneurship literature, but much work remains to be done.

A specialized research forum, where experts can share their research with each other, will help to accelerate the advancement of theory related to entrepreneurial well-being and its impact on new venture creation. The morning session will (a) focus on critically sharing recent scholarly work regarding entrepreneurial well-being and (b) to bolster collaboration between academics to help accelerate high quality research for publication in top tier academic journals.

The end goal of this research forum is to help scholars prepare their work for submission to top academic journals and also to build a collaborative network of individuals interested in advancing current knowledge on health and well-being topics as related to the process of entrepreneurship. We intend to make this an annual event.

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**Afternoon Session: Panel Discussions, Open to Public**

The purpose of the afternoon session is to provide diverse and in depth discussions on how entrepreneurial well-being influences the successful creation of new ventures. The panels will consist of a diverse array of perspective on entrepreneurial health. There will be 3 panels, each consisting of about 4 to 5 individuals.

*Panel 1*. INVESTORS: The first panel will consist of Investors, who will share their personal stories of how they interact with the topic of entrepreneurial health and well-being in funding decisions, personnel decisions, growth decisions, and venture exit decisions (e.g., failure, buyout, acquisition, etc.).

*Panel 2*. ENTREPRENEURS. The second panel will consist of Entrepreneurs who will share their own stories of how mental health and well-being has influenced the creation of their startup. The entrepreneur panel will have both currently practicing entrepreneurs and also entrepreneurs who have already successfully exited from their venture. The will talking about how their own physical and mental health has changed from the inception of their new venture, formally launching their venture, and through exit. This discussion will end with practical recommendations from the panel for how to improve one’s health and well-being while launching a new venture.

*Panel 3*. SUPPORT. The third and final panel discussion will include the organizations that are required to keep an entrepreneurial ecosystem running and vibrant. This panel will consist of 4 to 5 individuals representing (a) Accelerators, (b) government and non-profits, (c) Healthcare Payers (e.g., Blue Cross Blue Shield, IL), (d) Healthcare Providers (e.g., mental and physical health clinicians), and (e) accountants, lawyers, and fractional CFO’s (i.e., the service professionals who provide the critical infrastructure for startups to succeed and grow).

**Agenda**

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| **Time** | **Presentation Title** | **Presenter(s)** |
| 8:30 – 9:00 | Arrival, coffee, light breakfast, and networking |  |
| *Entrepreneurship Research Program: Closed Door Sessions* |
| 9:00 – 9:15 | Welcome, Introductions, and Research Agenda | Tim Michaelis & Maija Renko |
| 9:15 – 9:45 | Entrepreneurial Health and Well-being (HWB) | Marcus Wolfe, OU |
| 9:45 – 10:15 | Disability and the entrepreneurship process | Maija Renko, DePaul |
| 10:15 – 10:45 | Sleep and entrepreneurship | Jeff Gish, UCF |
| 10:45 – 11:00 | *Break* |  |
| 11:00 – 11:30 | Insomnia in the entrepreneurial process | Jintong Tang, St. Louis |
| 11:30 – 12:00 | Student debt & Financial well-being of entrepreneurs | Jake Waddingham, Auburn |
| 12:00 – 12:30  | Positive Entrepreneurship: A daily diary study<https://www.kcl.ac.uk/research/positive-entrepreneurship> | Przemek Zbierowksi,King’s College London |
| 12:30 – 1:30 | Healthcare bootstrapping and resourcefulness | Tim Michaelis, NIUJon Carr, NC State |
| 12:30 – 1:30 | *Lunch* |  |
| *Panel Discussion: Entrepreneurship Practice Focus – OPEN TO PUBLIC* |
| 1:30 – 2:30 | **Investor Panel:**4 Leading Chicago area investors (Angels, Angel Fund Manager, VC Fund Manager, and Bank Financing representatives) | 4 Leading Chicago area investors (Angels, Angel Fund Manager, VC Fund Manager, and Bank Venture Financing) |
| 2:30 – 3:30 | **Entrepreneur Panel:**4 – 5 entrepreneurs will share their personal perspective of health and well-being and how their own health has influenced their startup and changed over time. |  |
| 3:30 – 4:30 | **Support Panel** 5 representatives from core organizations that support entrepreneurship in the Chicagoland area to discuss their perspective on how health and well-being influences the successful creation of a new venture and entrepreneurial ecosystem. | Blue Cross Blue Shield, ILNIU Non-profit center |
| 4:30 | END  |  |
| 5:00 – 7:00 | Informal reception or travel home |  |

1. <https://www.pewresearch.org/fact-tank/2019/08/29/facts-about-american-workers/> [↑](#footnote-ref-1)
2. <https://www.cnbc.com/2019/10/11/mental-health-issues-cause-record-numbers-of-gen-x-z-to-leave-jobs.html> [↑](#footnote-ref-2)