



Entrepreneurship, Mental Health,
Psychological Well-being, Opportunity
Wellness, Equity, Resilience

18 & 19 May

International Workshop

University Savoie Mont Blanc (USMB)

Presidential Building, 27 rue Marcoz,

73000 Chambéry, France

MONDAY, 18 MAY 2026

09:00-09:30 - Registration

09:30-10:00 - Opening Ceremony

09:30-09:50 - Welcome addresses by **Vice-President Claire SALMON** and **Special Advisor for the UNITA European Alliance Benoît STUTZ**, University Savoie Mont Blanc.

09:50-10:00 - Welcome address by the Workshop **Co-Chairs**

Muriel FADAIRO (IREGE, USMB) and **Aurélie GAUCHET** (LIP/PC2S, USMB)

10:00-11:00

Keynote Lecture by **Dianne WELSH**, University of North Carolina, USA
& Catholic University of the Most Holy Concepcion, Chile

The Psychological Dimensions of Entrepreneurship Worldwide

11:00-11:20 - Coffee break

Session 1 - WP 1: WELLBEING ISSUES FROM THE OUTSIDE

Session Chair: Andrei RUSU, UVT

11:20-11:40 - **Amalia Raquel PÉREZ NEBRA** (UNIZAR)

Mapping Half a Century of Entrepreneurial Well-being: Bridging Theoretical Frameworks and Global Research Disparities for Empowerment

Authors: Rodrigo BARBOSA, Mayara BARBOSA, Amalia Raquel PÉREZ-NEBRA, Esther VILLAJOS & Fernando GONZÁLEZ-LADRÓN-DE-GUEVARA

11:40-12:00 - **Matthieu CABROL** (USMB)

Literature Review on AI and Well-Being in Entrepreneurship

12:00-12:20 - Raquel ORTEGA LAPIEDRA (UNIZAR)

Boredom and Psychological Well-Being Among the Self-Employed

Authors: Sergio PIRLA, Raquel ORTEGA, Shigehiro OISHI, Stefan PFATTHEICHER

12:20-12:40 - Lamia BERRAH and Muriel FADAIRO (USMB)

The Ethical Dimension of The Use of AI in Entrepreneurship

12:40-13:00 - Discussion

13:00-14:00 – Lunch

Session 2 - WP 2: WELLBEING ISSUES FROM THE INSIDE

Session Chair: Luca TISU, UVT

14:00-14:20 - Abderrahim BARAKAT and Étienne ST-JEAN (Université du Québec à Trois-Rivières)

Nonlinear Age–Burnout Dynamics Among Hybrid Entrepreneurs

14:20-14:40 - Amalia Raquel PÉREZ NEBRA (UNIZAR), Amy CHURCH-MOREL (USMB), Heila VEIGA (Federal University of Uberlândia, Brazil)

Interviews with Female Immigrant Entrepreneurs

14:40-15:00 - Ekaterina LE PENNEC, Véronique FAVRE-BONTÉ (USMB), Sabrina PÉRUGIEN (University of Paris VIII)

Invisible Disability and Entrepreneurship

15:00-15:20 - Gautier ZUNQUIN (UPPA)

Assessment of The Health of Employees and Department Heads Within a Municipality. Cross-Referencing Data on Physical Activity Levels, Sedentary Behavior, and Employee Well-Being

15:20-15:40 - Coffee Break

Session Chair: Matthieu CABROL, USMB

15:40-16:00 - Isabelle FRANCHISTEGUY (UPPA)

Support for Female Entrepreneurship and its Impact on Health

16:00-16:20 - Antoine PENNAFORTE (HES.SO)

Neurodiversity and Wellbeing at Work: Insights from the Organizational Socialization Theory

16:20-16:40 - Caroline MATTELIN-PIERRARD and Muriel FADAIRO (USMB)

What is the Impact of Ego on the Mental Health of Managers and Entrepreneurs?

16:40-17:00 - Discussion

TUESDAY, 19 MAY 2026

08:30–09:00 – Welcome

Session 3 - WP 3: ACTION-RESEARCH

Session Chair: Raquel ORTEGA LAPIEDRA (UNIZAR)

09:00-09:20 - Andrei RUSU, Zselyke PAP, Alexandra BODNARU, Paul SÂRBESCU, Cort RUDOLPH (UVT)

Fostering Well-Being through Proactive Behaviors in the Workplace: Preliminary Findings of a Systematic Review and Meta-Analysis

09:20-09:40 - Ana-Maria RADU, Athena GÂNDILĂ, Gabriela MARCU, Juri KROPOTOV (UVT)

Cerebral Dynamics of Stress Resilience: Preliminary Evidence from EEG-Based Event-Related Desynchronization Analysis of Cortical Activity

09:40-10:00 - Athena GÂNDILĂ, Andrei RUSU (UVT)

From Co-Design to Implementation: The Unified Protocol for Burnout

10:00-10:20 - Ba-Minh DAO, Aurélie GAUCHET, Muriel FADAIRO (USMB)

A Systematic Literature Review on the Impact of Interventions on Burn-Out, Resilience and Well-Being of Entrepreneurs

10:20-10:40 - Coffee break

Session Chair: Gautier ZUNQUIN (UPPA)

10:40-11:00 - Coralia SULEA, Patricia ALBULESCU, Andrei RUSU, Zselyke PAP (UVT)

Move a Little, Feel a Lot: a Daily Diary Study on Physical Activity Micro-Breaks and Workplace Well-Being

11:00-11:20 - Raul BARTOLOMEU (IPG)

A Pilot Study on the Benefits of Active-Breaks on the Workplace for Already Physical Active Employees

11:20-11:40 - Gilles RECASENS and Sandrine CUEILLE (UPPA)

Exploring the Factors and Support Process Fostering Entrepreneurs' Bouncing Back toward a New Venture after an Entrepreneurial Failure? The Case of a French Business Support Non-Profit Organization

11:40-12:00 - Sara HIMMICHE and Muriel FADAIRO (USMB)

Can Resilience Really Be Measured? Systematic Review, Challenges and Insights for Entrepreneurship

12:00-12:30 – Discussion 12:30-13:30 – Lunch

13:30-14:30 - Keynote Lecture by **Michael ANTONI**, University of Miami, USA
**Cognitive Behavioral Stress Management from Foundations to Digital Delivery:
 Evaluation of Telehealth, Web-Based, and Hybrid/Mobile Interventions**

Session 4 - WP 4: CONCEPTS AND INDICATORS

Session Chair: Amy CHURCH-MOREL, USMB

14:40-15:00 - **Ismail ELALAOUI, Étienne ST-JEAN, Florence GIULIANI, Simon COLOMBE** (Université du Québec à Trois-Rivières)
Literature Review on the Drivers of Entrepreneurs' Mental Health

15:00-15:20 - **Ismail ELALAOUI, Étienne ST-JEAN** (Université du Québec à Trois-Rivières)
Resource Caravans and Entrepreneurs' Career Resilience: A Comparative Configurational Analysis By Gender

15:20-15:40 - **Luca TISU, Delia VÎRGĂ, Toon TARIS** (UVT)
Entrepreneurs' Work and Home Roles: Allies or Competitors? Findings from Romania

15:40-16:00 - **Cintya LANCHIMBA, Diego ALBUJA** (National Polytechnic School, Quito) and **Muriel FADAIRO** (USMB)
Emotional Exhaustion in Entrepreneurship: Gendered Effects of Coping, Work-Family Conflict and Social Support

16:00-17:00 - Discussion & Closing session

CENTRAL EUROPEAN SUMMER TIME