

RECIPES FOR WELLBEING WORKSHOP

Entrepreneurial Wellbeing: Burning Bright Not Burning Out



Hosted by 3BL Associates



16 November 2018



9:00 AM - 2:00 PM



**Trident Wellness Center, Building 353 A,
Avenue 59, Block 257, Amwaj**

Starting an enterprise can be one of the most stressful and intense periods in one's professional career. Often entrepreneurs work double the traditional 9-5, while trying to balance family and other commitments, manage cash flow, adapt to constant uncertainty, and innovate amidst deeply entrenched traditions resisting the nudge of disruption.

This workshop is a taste of Recipes for Wellbeing, which was developed in partnership between Euforia, Akasa Innovation, and 3BL Associates. Recipes for Wellbeing has partnered with organizations such as Google to create educational content on digital wellbeing, and with organizations such as Ashoka to bring wellbeing to a community of over 500 social enterprises, across 90 countries.

Examples of Topics include:

- Understanding the Importance of Wellbeing for Success
- Wellbeing Case Studies from the world's greatest startups
- Wheel of Burnout
- Individual and Organizational Wellbeing Assessment Tools
- Mindful Work Strategies
- Integrating wellbeing into your Startup

To Register: <https://goo.gl/YVVDH9>

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Recipes For Wellbeing



Recipes for Wellbeing is a not-for-profit association that works towards shifting the culture of entrepreneurship, business, and changemaking to include a focus on holistic wellbeing to enable anyone to contribute more effectively to creating positive change in the world. We interpret wellbeing both as a catalyst for positive change in the world, and as the positive change in the world itself.

In addition to hosting wellbeing labs, retreats, workshops, and conference spaces, Recipes for Wellbeing acts as an Open Wellbeing Resources Commons which is a freely accessible online library that allows entrepreneurs to search and discover free wellbeing resources that they can implement individually, through retreats, or in their organisations.

Entrepreneurial Wellbeing Labs have previously been hosted in Italy, Germany, Switzerland, Portugal, Morocco, Pakistan and the UAE.

www.recipesforwellbeing.org

3BL ASSOCIATES



3BL Associates is a people + planet strategy consultancy and Think-do-Tank, that was established to re-imagine a more regenerative Middle East, and to accelerate global sustainable development through collaboration. We work to address the broken infrastructure and architecture of the way we solve global social, environmental and economic sustainability challenges; and we transform them into opportunities to create prosperity for companies, countries, and communities.

Our workshops blend a unique palette of disciplines like design-thinking, the Harvard Business School case study method, biomimicry (nature-inspired innovation), future forecasting and serious play, 3BL workshops are highly interactive and engaging. **3BL Associates has conducted over 250+ talks and workshops on 6 continents, reaching over 20,000 people**

www.3blassociates.com

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FACILITATOR BIOS



Leena Al Olaimy

Leena is co-founder and managing director of 3BL Associates, Diversity On Board, Public-Planet Partnerships, and Reimagine MENA. She also advises Future Planet Capital, a London-based impact investment fund focusing on green tech, healthcare and education startups in the world's university innovation centers like Stanford, MIT and Oxford. She has served as a Judge for numerous competitions like MIT's Arab Enterprise Forum, MIT's Innovate for Refugees, Pitch @ Palace, and Ford MENA Environmental Conservation.

Leena is a design thinker and curriculum designer, trained at the THNK School for Creative Leadership in Amsterdam. She is also a Dalai Lama Fellow, a Fulbright scholar, a Wall Street Journal 'Woman of Note' and has been listed among Bahrain's Most Influential Women in 'Business in the Gulf.' She has served on several local, regional and international boards. Leena holds a B.Sc. in Culture and Communications from New York University, an MA in Globalization Studies from Dartmouth College.



Tariq Al Olaimy

Tariq is a serial social entrepreneur. For his work at 3BL Associates, he was named as 1 of 10 Muslim men worldwide shaping the world by Mvslim.com, and recognized by GreenBiz as a "30 under 30" leaders for sustainability innovation. Also co-founder of Diabetes.Bh, a community platform for diabetes, recognized as a 'World Diabetes Day Champion'. Tariq has conducted sustainability innovation related workshops and trainings across six different continents.

Tariq holds a BSc in Financial Risk Management from Cass Business School, graduated from the Singularity University Executive Program, and is a certified Biomimicry specialist. Tariq is also a Fellow of the Royal Society of Arts (FRSA), sits on the board of AIESEC in Bahrain, and serves on the Global Advisory Council of the World Economic Forum's Global Shapers Community. Often working at the intersection of soul and society, Tariq has completed a self-directed Alternative Masters in Divinity.

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