



WEL AMERICA 2024

3rd MILLENNIUM WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, MANAGEMENT POSITIVE PSYCHOLOGY, MENTAL HEALTH CONFERENCE (EDITION 4)

MAY 03-04, 2024 | Holiday Inn Mississauga Toronto West,
Mississauga, ON, Canada

JUDY WRIGHT^{MD}

The narrative of stress and burnout often centers around the traditional workplace, leaving a significant and growing group — entrepreneurs — on the periphery of this conversation. Entrepreneurship, with its unique blend of exhilaration and exhaustion, presents a distinct set of challenges that go beyond the common stressors of employed professionals. From solopreneurs managing every facet of their business to those juggling the dual demands of a full-time job and a budding enterprise, the entrepreneurial journey is fraught with obstacles that test the limits of personal resilience and well-being.

Dr. Judy Wright shifts the focus to the often-overlooked realm of entrepreneurial stress and burnout, exploring the nuanced pressures faced by those at the helm of their ventures. Whether scaling a business or navigating the early stages of startup life, entrepreneurs must cultivate a unique brand of resilience and a redefined perspective on success and setbacks. The excitement of entrepreneurship is not a universal fit; it demands a robust mental and emotional toolkit to weather the inherent uncertainties and challenges.

Attendees will be introduced to the transformative potential of the Life Balance BlueprintTM, a strategic approach designed not just to combat stress and prevent burnout, but to foster a sustainable balance between professional ambitions and personal well-being. Participants will be equipped with a deeper understanding of the unique stress landscape of entrepreneurship and the practical strategies to navigate it effectively.

The Life Balance BlueprintTM emerges as a powerful ally in this journey, offering a pathway to not just survive but thrive amidst the rigors of entrepreneurial life. Attendees will leave not only informed and motivated but also armed with the foundational tools to build their resilience, reshape their perceptions of success and failure, and embrace a balanced approach to their personal and professional lives.

THRIVING AMIDST THE UNIQUE STRESSES OF ENTREPRENEURSHIP

Dr. Judy Wright

Physician, Life Balance Strategist

Keynote Speaker, WEL Conference, Madrid April 2023

Biography

Dr. Judy Wright is a medical director, author and speaker on health and wellness. A family physician with 20 years of experience, she is a big advocate of overall individual self-health management and the effect it can have on the community's health. Dr. Wright has seen firsthand how this includes regular, basic self-care practice that may not be medically based, but is beneficial to overall quality of life, well beyond the health benefits. Currently, she is the co-Host of the Queens on Call podcast - a platform where 3 Black women from the clinical space discuss various medical conditions in a comprehensive and down-to-earth manner, common sense ways to understand and navigate the current healthcare system, and the importance of self-advocacy in the healthcare space. She is also the co-author of "SelfCare is not a Mani- Pedi." Dr. Wright lives with her husband and 2 children. She loves to travel, as well as to create through cooking and DIY projects.