

A silhouette of a woman's head in profile, facing left. The interior of the head is filled with a sunset scene over a body of water, with the sun low on the horizon and its light reflecting on the water's surface. The overall color palette is warm, with oranges, yellows, and soft blues.

RESET THE ENTREPRENEUR

MENTALITY

By Esra'a Alsanie



TODAY'S SESSION

TOPICS TO BE DISCUSSED

- Why be an Entrepreneur!
- Set your expectations
- Tools to help you navigate your journey
- Mental Health Matter
- Takeaways!

— About Esra'a

ENVATECHS
Founder

MAWDOO3.COM
Founding Team -
Innovation Lab

MOLHEM.COM
CoFounder & Product
Manager

EXPEDIA
Product Manager III

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TECHWOMEN
Silicon Valley Winner

WOMENPRENUER
Top 10 Influential
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QUESTION

DO YOU CONSIDER YOURSELF AN ENTREPRENEUR?

By Esra'a Alsanie



ENTREPRENEURSHIP MYTHS

- Freedom
- Lots of Money
- Ultimate Success



72%

72% of entrepreneurs are directly or indirectly affected by mental health issues compared to just 48% of non-entrepreneurs.*

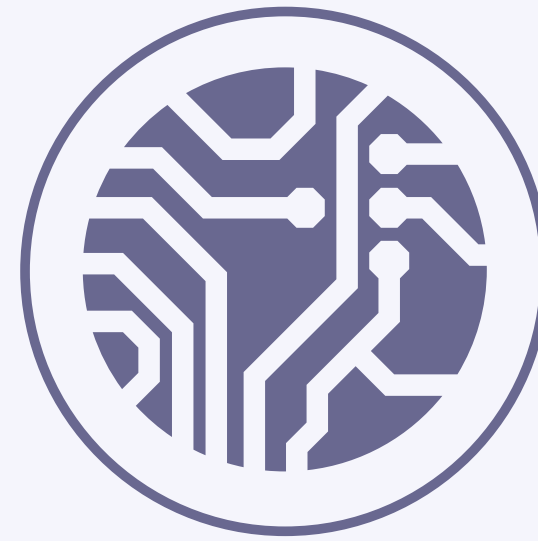
*According to a [study by the National Institute of Mental Health](#)

By Esra'a Alsanie



Why be an Entrepreneur!

ENTREPRENEUR



PROBLEM SOLVER

Expedia Accelerator



Expedia Group
Accelerator Demo Day

May 10, 2023



MANAGE YOUR EXPECTATIONS!

TO BE READY



By Esra'a Alsanie



It's a tough Road...

How does the journey really look like!

By Esra'a Alsanie

WHAT YOU NEED TO KNOW!

VISION

A compass to keep moving towards

WHERE DO YOU SEE YOURSELF IN 5 YEARS?

You DON'T need to know that!!

KEEP PIVOTING

You don't know what you don't know!!



Tools to help you navigate your journey

MENTORS

KEEP LEARNING



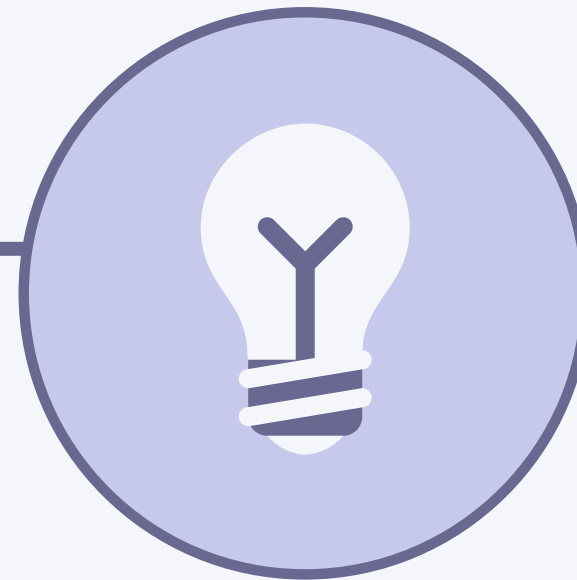
COMMUNITIES

ACCELERATORS

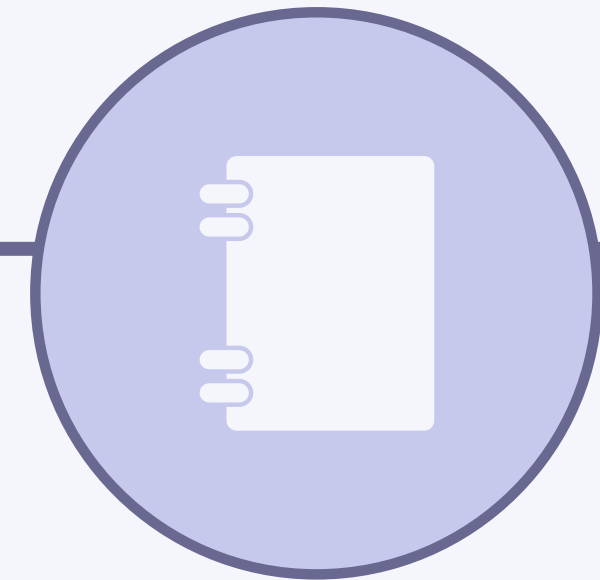
REMEMBER, FAILURE IS SUCCESS



Growth Matters



No first shot success



Invaluable Lesson

Mental Health Matter

1

IMPOSTER SYNDROME

2

WORK-LIFE BALANCE

3

STRESS & ANXIETY

4

FEAR OF FAILURE

TAKEAWAYS



SOLVE A REAL PROBLEM



USE AVAILABLE RESOURCES



FAIL MORE OFTEN



TAKE CARE OF YOUR MENTAL HEALTH

WORDS TO LIVE BY

"Your life has a *Purpose* and a *Meaning*, you are not here to fill space or to be a background character in someone else's movie, you are the *Hero* of your own movie. Places you went to, people you met, will never be the same if you didn't exist!"

~ SOMEONE ~
