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Maya Talks Motivation
Egypt

A Recipe for Entrepreneurial Well-being

Abstract:

Entrepreneurial well-being revolves around the notion of leading a balanced life. Gone are the days where leaders, and enterprising individuals, have to give up their well-being for the bottom line. As a positive psychologist and sociologist, I will be sharing a framework that facilitates entrepreneurial well-being, cushioning the blows of what many term a rollercoaster ride: the highly uncertain nature of the world of entrepreneurship. More specifically, I'll be introducing how self-determination theory, a macro-theory on motivation, can assist leaders in fanning the flame within, addressing their pecuniary needs, and lead a life with purpose.

Biography

An International Keynote Speaker, published author, podcast host, and professor, I am on a mission to motivate and inspire. My background in positive psychology, sociology, and political science has endowed me with the knowledge and expertise to fulfill this mission. I am passionate about helping people realize their full potential while making an enduring mark on the world. I use positive psychology tools to help individuals and organizations flourish. Positive psychology is the study of what makes individuals and communities thrive. This covers themes such as well-being, optimal human functioning, peak performance, flow states, and motivation.