

LUBAR ENTREPRENEURSHIP CENTER
CHARLES E. KUBLY

WELL-BEING FELLOWS

OVERVIEW

Join us for the inaugural LEC Charles E. Kubly Well-being Fellows initiative, a collaborative effort between the Lubar Entrepreneurship Center (LEC), the WELL Entrepreneur program, and the UWM Student Health and Wellness Center. This initiative will provide students with unique opportunities to enhance their skills in problem-solving, navigating challenges, and supporting mental and emotional well-being. Participants will gain insights into mindfulness, self-compassion, entrepreneurial thinking, and innovative techniques.

PROGRAM DETAILS

Our hybrid model includes an orientation, three sessions each spanning three weeks, and a final, short presentation. Participants will explore entrepreneurship, innovation, and mindfulness, and ways to apply to their work and activities across campus. The program encourages student-driven ideas, whether from work, research, or institutional projects. Key features of this experience include 1:1 mentoring, coaching, peer support, and a focus on establishing a regular mindfulness practice. At the program's conclusion, participants will present their insights in a two-minute "Ignite" talk at the LEC Innovator Expo in May.

APPLICATIONS

[Please click here to apply.](#)

Applications close February 1st, 2024

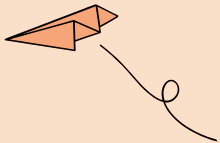
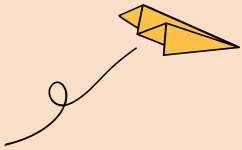
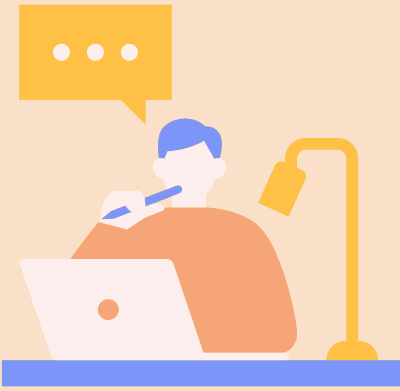


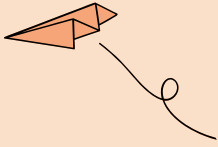
LUBAR
ENTREPRENEURSHIP
CENTER

THE
CHARLES E. KUBLY
FOUNDATION



Student Health
& Wellness Center





DATES, TIMES & LOCATION

All sessions (both in-person and virtual) run from 4:20 - 5:20 PM CST. Sessions will be held on the second floor of the Lubar Entrepreneurship Center in the Touchdown Space.

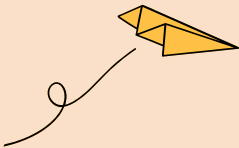
ORIENTATION (In-Person)

Monday, February 5th, 2024

SESSION ONE

Customer Discovery & Navigating Ambiguity

February 12th	Workshop (In-Person)
February 19th	Working Session (Virtual)
February 26th	Cohort Share Out & Support (Virtual)



SESSION TWO

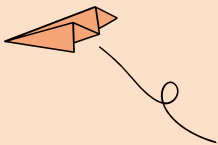
Business Model Canvas & Expanding/Focusing Attention

March 4th	Workshop (In-Person)
March 11th	Working Session (Virtual)
March 25th	Cohort Share Out & Support (Virtual)

SESSION THREE

Pitching, Storytelling & Cultivating Your Compassionate Voice

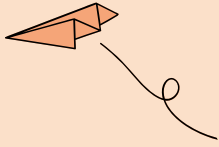
April 1st	Workshop (In-Person)
April 8th	Working Session (Virtual)
April 15th	Cohort Share Out & Support (Virtual)



FINAL PRESENTATION (In-Person)

Innovator's Expo (Time: TBA)

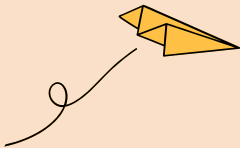
May 10th, 2024 Two Minute "Ignite" presentation



OBJECTIVES

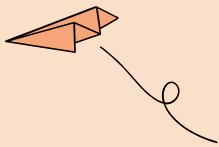
By the end of this program, participants will:

- Understand self-compassion, mindfulness, and their alignment with Lean Launch principles.
- Identify and respond differently to stress-triggered patterns.
- Establish a regular mindfulness practice to support mental and emotional well-being.
- Integrate mind-body wellness with entrepreneurial and innovation concepts in their work and activities across campus



ADDITIONAL DETAILS

- Students are eligible for an award of \$650.00 upon successful completion of the program
- Full participation in all sessions is mandatory for stipend eligibility
- In-person meetings will include a light meal
- Applications close February 1st, 2024



PROGRAM LEADS & CONTACT INFO

Amelia Coffaro, Certified Yoga Therapist
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MacKenzie Ringle, Health Promotion Coordinator
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