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Entrepreneur Well-being and Health: Innovating and Building a Business without Burning Out

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Entrepreneurship represents a career choice that fully engages individuals, integrally influencing all dimensions of their existence. By embarking on this path, entrepreneurs prepare themselves to navigate a series of intense and contrasting emotional experiences. Indeed, their mood, well-being, and health can be affected and may fluctuate according to various life events (Lechat & Torrès, 2017) or contexts (Lerman et al., 2021). Over the past fifteen years, entrepreneur health and well-being have increasingly captured the interest of entrepreneurship researchers (Stephan et al., 2023; Torrès et al., 2022; Gish et al., 2022). Currently, this research topic is experiencing significant growth, engaging scholars from various disciplines, including entrepreneurship, medicine, psychology, occupational sciences, sociology, among others.

Research on entrepreneurial health and well-being is articulated around three main perspectives. The first perspective highlights the inherent challenges of entrepreneurship: entrepreneurs often face extremely stressful situations (Lechat & Torrès, 2017), must navigate considerable uncertainty (Lerman et al., 2021), and operate in high-pressure environments characterized by resource constraints and intense workloads (Stephan, 2018). Within this

stream, researchers have focused on a pathogenic view of entrepreneurship, emphasizing its negative consequences on entrepreneurs' health, particularly stress related to entrepreneurial activity (Rauch et al., 2018). Studies have explored issues such as burnout (Torrès & Kinowski-Moysan, 2019), depression (Johnson et al., 2018; Hessels et al., 2018), suicide (Madsen, 2018), sleep deprivation (Guiliani & Torrès, 2017), and metabolic wear and tear (Patel et al., 2019). This body of research highlights that entrepreneurs' health represents the primary intangible asset of their businesses, and preserving it is essential for ensuring sustainability and success.

The second perspective focuses on the benefits of self-employment, suggesting that entrepreneurship offers opportunities for autonomy and meaningful, goal-oriented work, thus contributing to well-being (Shir & Ryff, 2022; Wiklund et al., 2019). This perspective aims to analyze how entrepreneurial careers—whether through starting a business, developing entrepreneurial competencies, or managerial attitudes (St-Jean et al., 2023; Heichelbech & Paraschiv, 2022; Rietveld et al., 2016)—influence health and well-being, distinguishing these effects from salaried employment (Torrès et al., 2022). This approach focuses on the specific satisfiers provided by entrepreneurship (Lechat & Torrès, 2017) and explores elements that positively contribute to entrepreneurs' quality of life, health improvement, and sustained well-being.

The third approach emphasizes that the relationship between entrepreneurship and well-being is complex and varies significantly depending on context. While entrepreneurship can yield positive outcomes in terms of well-being, it is also strongly associated with negative impacts, such as increased stress and mental health issues (Torrès & Thurik, 2019). As noted by Williamson et al. (2021: 1308), these stress factors "can compromise entrepreneurial well-being and lead to entrepreneurial suffering."

Entrepreneurial well-being and health constitute a rapidly expanding research field that raises numerous yet unexplored questions. For instance, entrepreneurial well-being could be analyzed from various perspectives (Stephan et al., 2023; Wiklund et al., 2019). Moreover, the role of entrepreneurs' spouses in influencing entrepreneurs' health remains largely understudied. These different research avenues call for in-depth exploration and strongly support the aim of this special issue: to examine the links between well-being, health, and entrepreneurship in all their forms. This includes, in particular, intrapreneurship (Chouchane & St-Jean, 2023), family businesses (Miller et al., 2020), and hybrid entrepreneurship (Ardianti et al., 2022). Expected contributions may take various forms:

- Research articles providing empirical and theoretical data;
- Field studies promoting dialogue with stakeholders;
- Presentations of innovative practices or mechanisms;
- Sharing experiences that shed new light on this topic from original perspectives.

We hope thereby to enrich the debate on entrepreneurial health and well-being and to open new avenues for reflection and action for researchers and practitioners.

Here are some themes to explore in this special issue (this list is not exhaustive):

- The different facets of entrepreneurial well-being: what are the multiple dimensions of well-being in entrepreneurs, going beyond purely physical aspects to include mental, emotional, and social dimensions? How do these various dimensions interact over time?

- Links between mental health disorders and entrepreneurship: is there a higher prevalence of mental health disorders among entrepreneurs? What are the interactions between these disorders and an entrepreneurial career?

- Stress management strategies in an entrepreneurial context: what different strategies can entrepreneurs implement to effectively manage stress and preserve their mental health? How do self-care techniques or the search for adequate social support contribute to stress management?

- Influence of sleep on entrepreneurial activity: what influence does sleep have on key aspects of entrepreneurial activity such as decision-making, creativity, stress management, and professional relationships? What factors disrupt entrepreneurs' sleep? What solutions exist to improve their sleep hygiene?

- Depression, burnout, suicidal risks, and entrepreneurship: what are the warning signs, risk factors, and preventive measures that can be put in place to protect entrepreneurs' mental health? How can we promote a more compassionate entrepreneurial culture, where performance is not pursued at the expense of health and well-being?

- Atypical profiles and neurodiversity in entrepreneurship: what specific challenges do atypical profiles face in the entrepreneurial sphere? How can we recognize and value the strengths and unique perspectives these individuals bring to entrepreneurship? What avenues can be explored to understand how the entrepreneurial ecosystem can better adapt to welcome and support neurodiversity?

- Entrepreneurship after or during illness: what are the motivations, obstacles, and specific success factors for entrepreneurs who have gone through illness? How does the experience of illness impact their approach to entrepreneurship?

- The importance of family and friends for entrepreneurial well-being: how can support from family and friends help reduce stress, promote work-life balance, and contribute to overall entrepreneurial success? What is the impact of entrepreneurship on family dynamics and relationships within couples and families? And on friendships?

Official Calendar

- Submission of manuscripts (Version 1): September 30, 2025
- Guest editors' decision: October 1 to October 15, 2025
- First round of review: October 15 to December 15, 2025
- Revision of manuscripts by authors (Version 2): December 15, 2025 to March 15, 2026
- Second round of review: March 15 to May 1, 2026
- Editing and publication: October 1, 2026

Please submit your manuscript via the journal's submission platform: <https://eeti.manuscriptmanager.net>

Journal Impact

Speaking of Entrepreneurship and Innovation Journal is one of the French-language academic journals selected by FNEGE. It receives nearly 150,000 views each year, two-thirds of which come from outside academic institutions. The 10 most consulted issues are mostly accessed internationally (54%). Present on LinkedIn, some issues are also disseminated annually through scientific and professional events.

In this context, articles published on a rolling basis during this period may be compiled into one or more complete issues in 2026 and/or, if applicable, in 2027. These issues may also be printed in hard copy at the request of a partner and/or a national or international event organizer interested in sharing the knowledge produced across academic, scientific, professional, and policy networks.

Editorial Line of Speaking of Entrepreneurship and Innovation Journal

Speaking of Entrepreneurship and Innovation Journal is a high-level popular science journal in the field of entrepreneurship and innovation, published by *DeBoeck Université*. Its aim is to make original and scientifically sound or conceptually innovative articles accessible to a readership of executives, entrepreneurs, professionals in entrepreneurship support networks, and business leaders.

The journal is open to ALL disciplines and ALL perspectives that focus on entrepreneurship and innovation. As the journal is primarily aimed at practitioners, it emphasizes contributions that demonstrate practical applications, entrepreneurial implications, and/or policy recommendations.

In this spirit, contributions should:

- Include a section that explicitly addresses these concerns: the reader should be able to ask at the end of the article, *so what?* — how does this help me act or think better for future action? The language should be more concrete and operational than typically used in academic journals. Theory should not be absent but rather *translated* — that is, expressed in simpler terms. Abstract concepts should be clarified and/or illustrated with practical examples.

- Avoid an overload of scientific references: the goal is to cite a few key authors essential to understanding the topic, rather than to provide an exhaustive literature review. Scientific references should be cited *exclusively* through footnotes.

Detailed author guidelines are available on the journal's website (<https://entreprenndreetinnover.com/>) under the "Contribute" section. These guidelines must be strictly followed when submitting your manuscript.

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