ChallengeEU for student entrepreneurs

Workshop series on entrepreneurship

- Organized as a four-part workshop series (Nov-Dec 2026)
- Each session hosted live by one ChallengeEU university and streamed to the others
- Participation certificates are available for students who attend three out of four sessions
- Duration of each session: 90-120 minutes
- Afterwards: lightly facilitated exchange on the session‘s topic

17th Nov: Time and stress management for entrepreneurs
Universidad Europea Valencia, Spain

26th Nov: Teamwork and team dynamics
Southeast European University, North Macedonia

10th Dec: Designing for positive impact
Hochschule Offenburg, Germany

16th Dec: Selling an idea, selling yourself as an entrepreneur
Mid Sweden University

Details and registration

17th Nov 2026, 6-8 pm

Session 1: Time and stress management for entrepreneurs

Dr Ivana Rihova

Topics covered:

- ✓ Life meaning and personal values in work settings
- ✓ Balance between academic/entrepreneurial projects and personal life
- ✓ Key stressors and coping strategies and techniques (emotional regulation, prioritizing, delegating, and setting boundaries and realistic deadlines)
- ✓ Self-efficacy and self-leadership

Learning outcomes:

- ➢ Enhance ability to align personal values with daily work activities
- ➢ Identify common time killers and procrastination triggers
- ➢ Techniques for actively managing time and stress

Universidad Europea VALENCIA

26th Nov 2026, 6-8 pm

Session 2: Teamwork and team dynamics

Dr Hyrije Abazi-Alili

Topics covered:

- ✓ Effective teamwork, team roles, and stages of team development;
- ✓ Communication, trust, collaboration, and psychological safety;
- ✓ Managing diversity, different working styles, and team conflict;
- ✓ Collaborative problem-solving, decision-making, and team performance.

Learning outcomes:

- ➢ Understand key principles of effective teamwork, team roles, and team dynamics.
- ➢ Communicate and collaborate effectively within diverse teams.
- ➢ Manage conflict and apply teamwork skills to problem-solving and decision-making.

UNIVERSITETI I EVROPËS JUGLINDORE
УНИВЕРЗИТЕТ НА ЈУГОИСТОЧНА ЕВРОПА
SOUTH EAST EUROPEAN UNIVERSITY

10th Dec 2026, 6-8 pm

Session 3: Designing for positive impact

Dr Gözel Shakeri

Topics covered:

- ✓ Positive narratives, collaboration, and systems thinking as drivers of innovation
- ✓ AI-supported research, analysis, and ideation
- ✓ Developing innovation processes that create value beyond financial aspects

Learning outcomes:

- ➢ Holistic understanding of the environmental, social, technological, political, and organizational factors that shape innovation
- ➢ Ability to identify the needs of diverse stakeholders
- ➢ Interdisciplinary and cross-sector collaboration skills

HOCH SCHULE OFFEN BURG

16 December 2026, 10-12 am

Session 4: Selling an idea, selling yourself as an entrepreneur

Dr Anna Sörensson/Dr Karin Berg

Topics covered:

- ✓ Entrepreneurship
- ✓ Storytelling (the business and the entrepreneur)
- ✓ Value creation and brand creation

Learning outcomes:

- ➢ Marketing concepts on real-world cases
- ➢ Key principles of brand building
- ➢ Understanding what makes marketing communication effective



Mittuniversitetet

MID SWEDEN UNIVERSITY