

Entrepreneur's Resilience Development in 1-To-1 Resilience Coaching

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Abstract

An entrepreneur's ability to learn and apply the learned is the essence of entrepreneurship. The changes coming from outside, and the rapidly changing business environment and customers' preferences require foresight and flexibility (resilience) from the entrepreneur. This study explores the impact of individual resilience coaching on the development of entrepreneurs' resilience.

The data consists of interviews and follow-up material from 5 entrepreneurs, including 1-6 sparring sessions with each entrepreneur as well as session notes and entrepreneurs' self-assessments. Based on the findings, resilience coaching strengthens the entrepreneur's resilience and foresight skills and sharpens the entrepreneur's competence development. The researcher was an active participant in the process, and the natural choice of method was action research.

This study's contribution is twofold. It offers a framework in the Nordic context on resilience building blocks in a 1to1 resilience coaching. Secondly, it offers an insight into the coach's role in the resilience development process.

Keywords: entrepreneurship, change, resilience, learning, resilience coaching