



# Entrepreneurship and Mental Well-Being

Impact Bootcamp | Report

12/10/2022 to 14/10/2022

# INTRODUCTORY NOTE

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**The Impact Bootcamp Entrepreneurship and Mental Well-Being**, took place in Porto from 12<sup>th</sup> to 14<sup>th</sup> of October 2022.

This document aims to report the participants experience at the Impact Bootcamp and to present their feedback.

For this matter, they have answered a form in the week following the programme to which 16 participants answered it (70% of total).

# **1. METHODOLOGY AND PROGRAMME**



## WEDNESDAY, 12<sup>th</sup> OCTOBER

15H00 Welcome & Group Activity  
16H00 Session I: Impact Economy  
17H00 Coffee-break  
17H40 Session II: Problem  
19H00 Wrap-up

## THURSDAY, 13<sup>th</sup> OCTOBER

09H00 Morning Activity  
09H30 Session III: Value Proposition  
and Session IV: Solution Architecture  
10H30 Coffee-break  
11H00 Session V: Sustainability  
12H00 Session VI: Impact Framework  
13H00 Lunch break  
14H00 Cohort moment  
14H30 Testimony  
15H30 Session VII: Communication  
16H30 Coffee-break  
17H00 Pitch practice  
18H00 Wrap-up

## FRIDAY, 14<sup>th</sup> OCTOBER

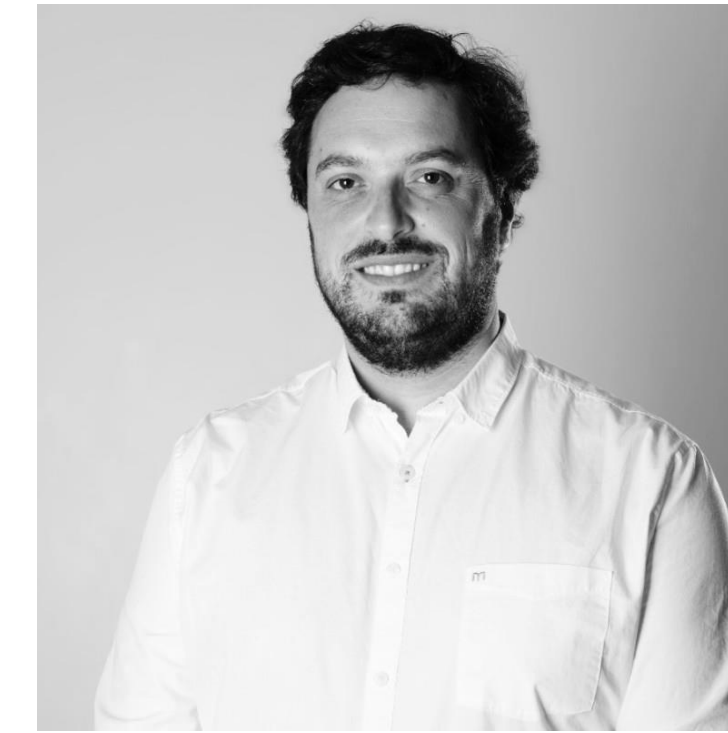
09H00 Morning Activity  
09H30 State of Play  
10H00 Pitch  
11H00 Coffee-break  
11H30 Jury feedback  
12H30 Networking  
13H00 Wrap Up



**Diogo Cruz**



**Maria João  
Ferreira**



**Tiago Ferreira**



# **2. PROGRAMME ANALYTICS**



**23** PARTICIPANTS

**70%** ANSWER RATE



**17**

TRAINING  
HOURS



**6**

PROJECTS



**3, 9/5**

PROGRAMME OVERALL  
EVALUATION

**4, 1/5**

TEAM OVERALL  
EVALUATION

**8, 0/10**

RECOMMENDATION

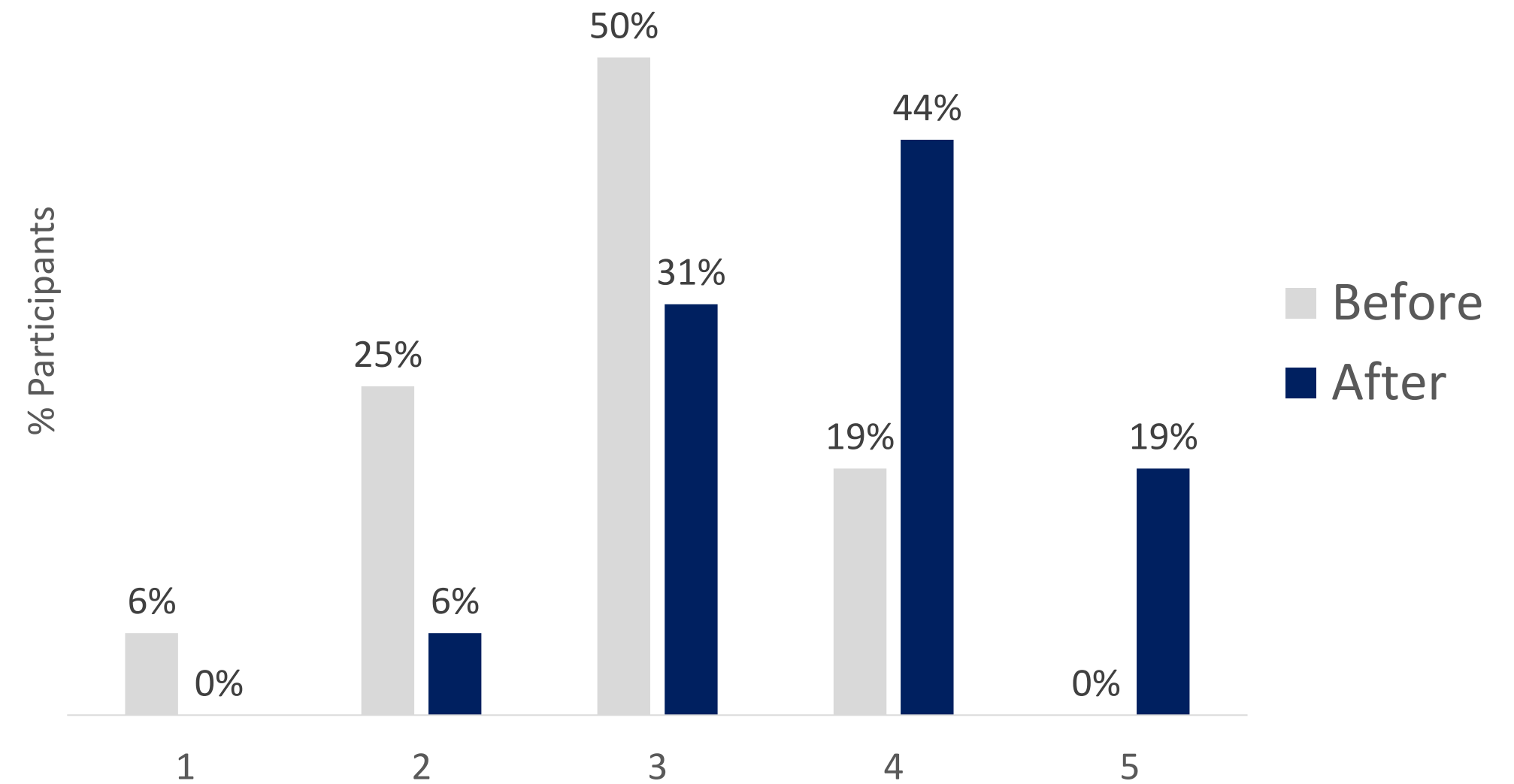


## Knowledge about Impact Economy and Social Innovation

2,8 (previous average) → 3,8 (aftermath average)

**69%**

Improved their knowledge



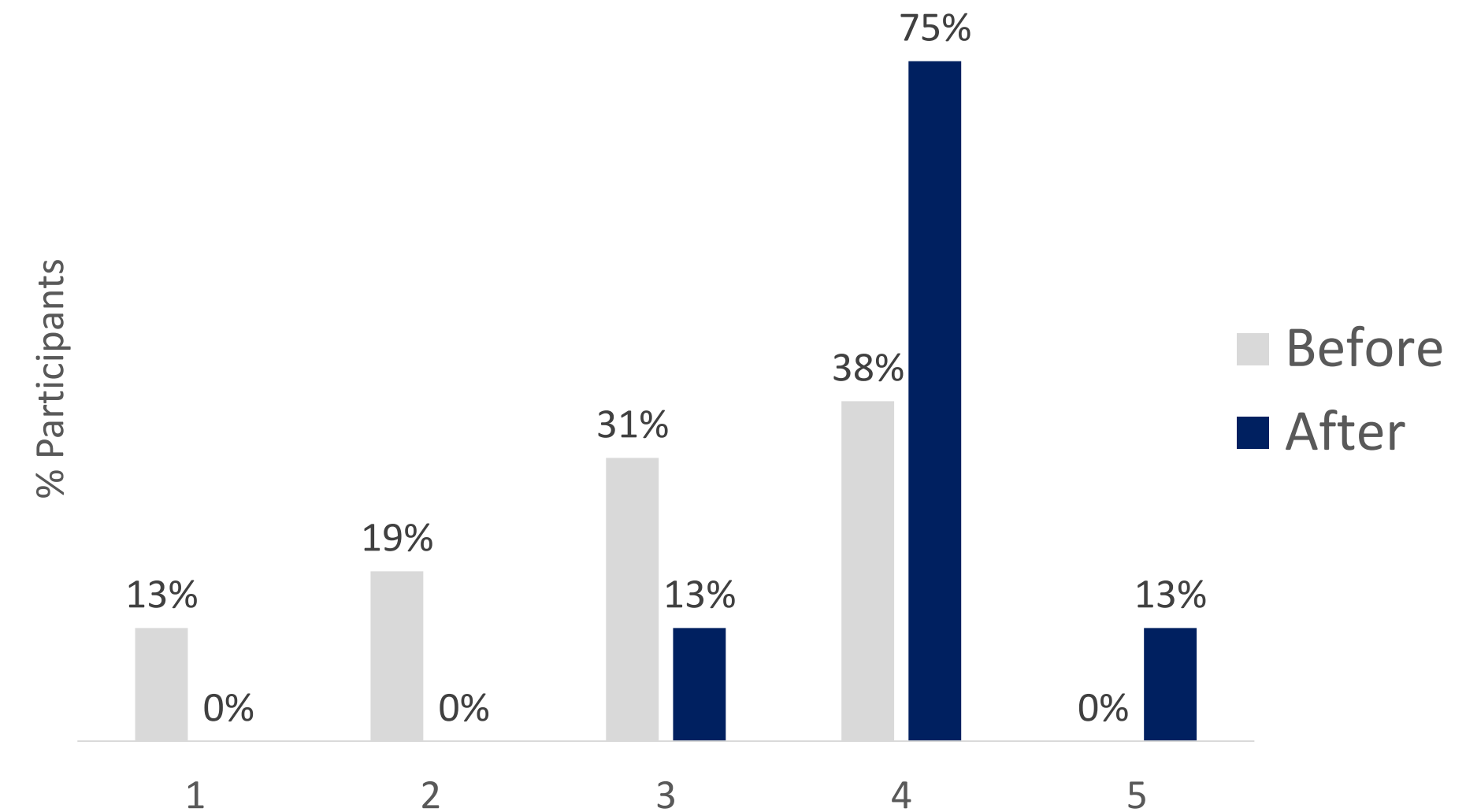
## Ability to create and implement an Impact initiative

2,9  
(previous average)

4,0  
(aftermath average)

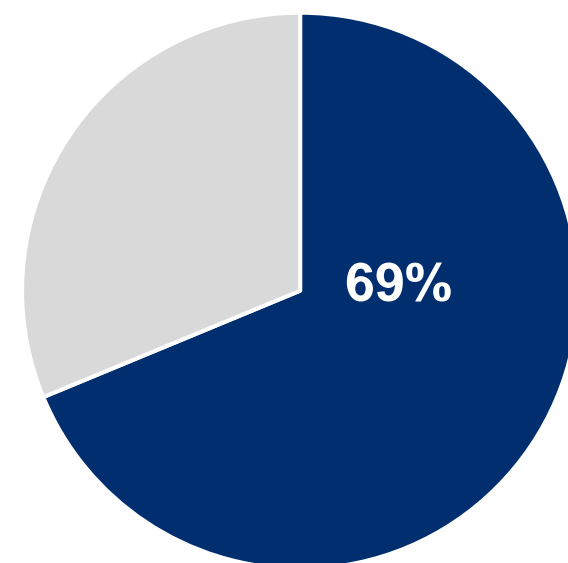
**50%**

Improved their ability

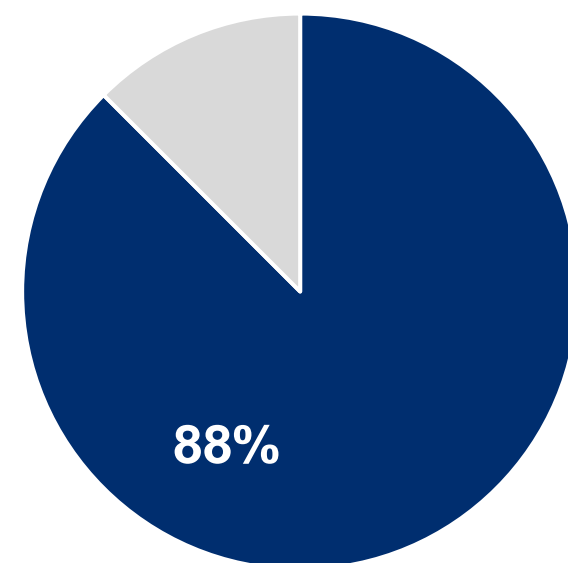


- 94%  Inspiration and motivation
- 81%  Important contributions and feedback to incorporate into the project
- 81%  Tools to create Impact Ventures
- 88%  Creativity skills
- 88%  Communication/pitch skills
- 88%  Teamwork skills
- 63%  Network and contacts relevant to the future

## Structure and methodology

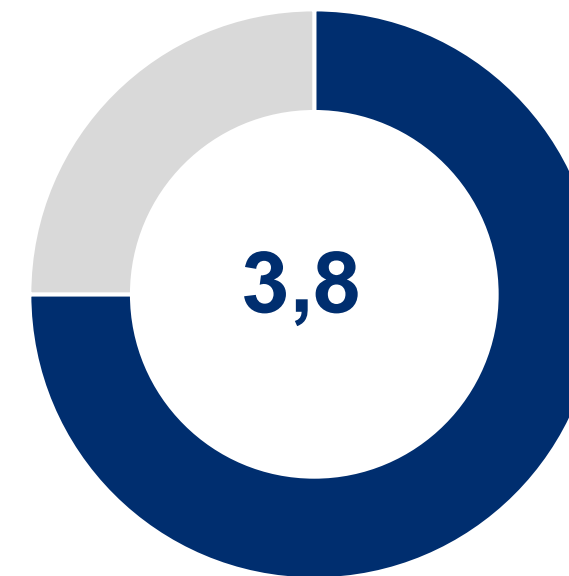


I fully understand the steps and I got a useful model to develop an Impact initiative

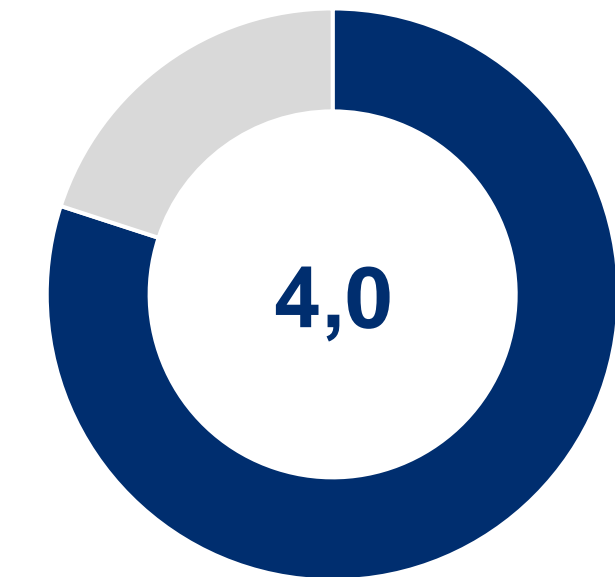


The questions and feedback from the jury were helpful to me and my team

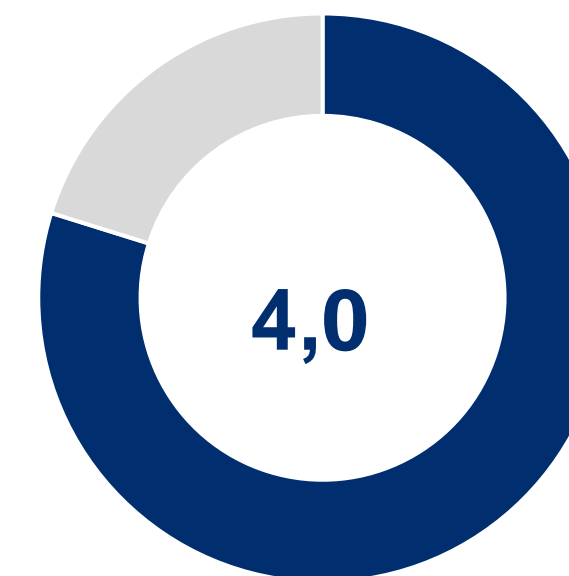
## Experience



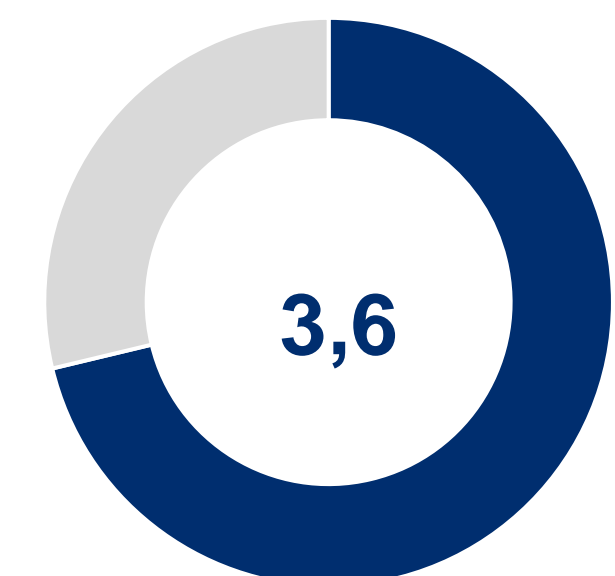
Support and clarification of doubts before the Bootcamp starts



Support during the Bootcamp

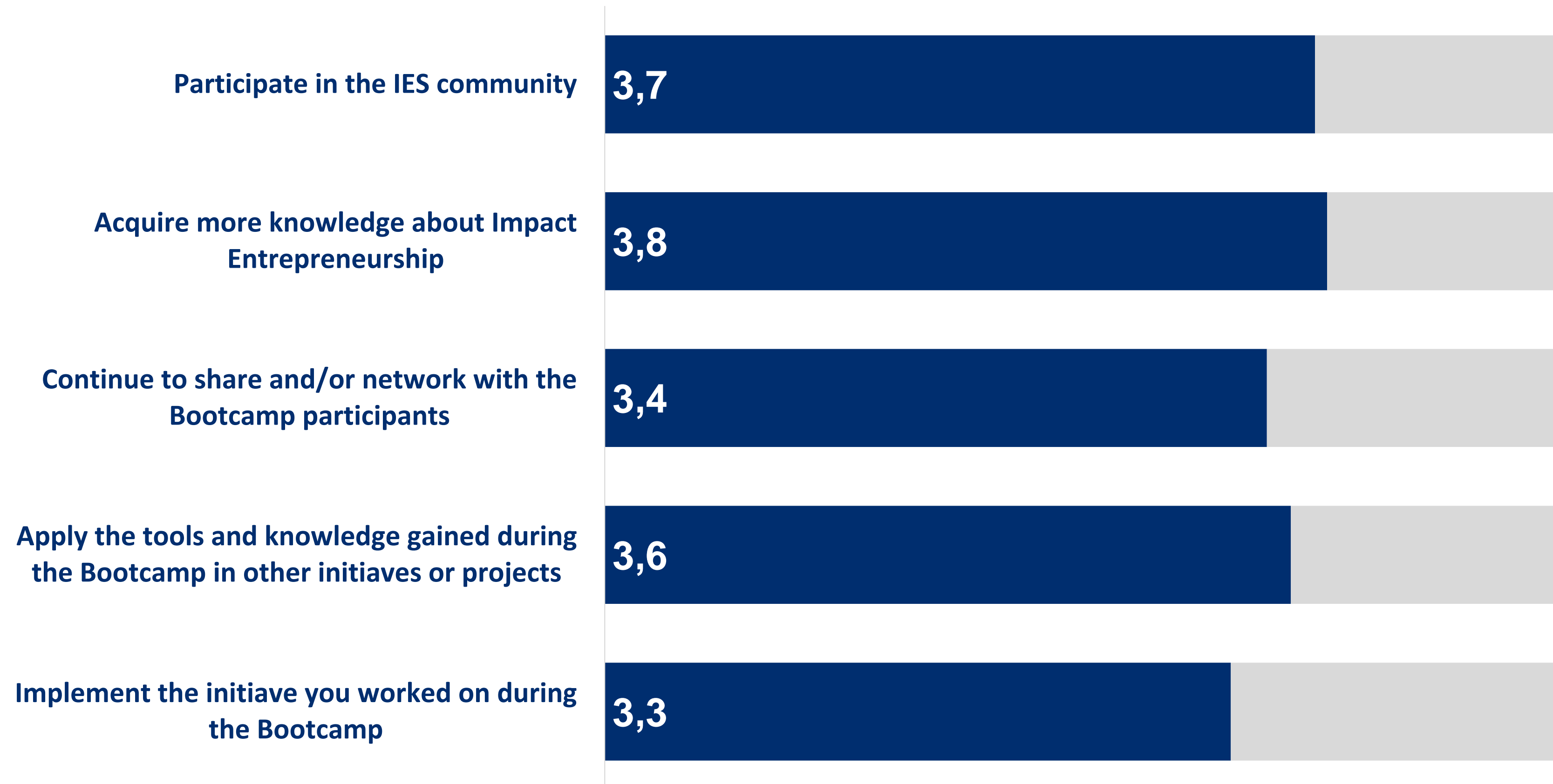


Sessions



Cohort moments

“Please, state how committed are you to...”



## What did you like most?

I liked how we could really put into practice all our ideas with a simple and effective method.

Joe's testimony. It was a very inspiring story to hear how his life changed the moment he met the kid with autism.

Example of Real Life Social Enterprise that is relatable to the theoretical elements.

Finding people with the same interests, reflecting together on complementary subjects and working in groups. People from different nationalities and a lot of shared perspectives.

The pitch session was slightly rushed. Wasn't an issue for me as I've pitched before but for someone who is still learning to pitch - the session should have a little more time allocated to it.

I didn't like the second day because it was just too long and too much information. Better spread it on more days if you want to give a lot information to your guests.

The communication of the bootcamp. We didn't know what we were going to do before the start of the bootcamp.

That we didn't have a lot of time to get to know everyone and exchange ideas about projects, like peer reviews.

What did you less like?



# **3. PROJECTS**

1

TEAM

**Busiwomen**





2

## TEAM

**Employees and mental health**



3

## TEAM

**Intímo Colorido**



4

TEAM

Plastindia



5

TEAM

Se Mas



6

## TEAM

**Venn Foods**



Overall, the Bootcamp was a success. The group embraced this immersive and intense experience of deconstruction and construction with open arms, they learnt new tools and perspectives they can apply.

We can only thank all the partners for the opportunity to work with this group of fantastic people, full of eagerness to learn and transform the world.



**THANK YOU!**

