



Resilience, Work-Life Balance & Work Engagement Among Women Entrepreneurs

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Abstract:

Women Entrepreneurs are a newly emerging section which has broken the stereotypes among women in male dominated entrepreneur scenario. Work Engagement is a critical variable that can impact job satisfaction & general well Being, resilience & striking a balance in personal & professional goals can be key determiners in enhancing Work Engagement among professionals. The present study aims to investigate the relationship between Work Engagement, Resilience & Work-Life Balance among Women Entrepreneurs. For this purpose a sample of 48 Women Entrepreneurs in the age range 25-40 years, involved in service sector industry were taken. Standardized measures of Work Engagement, Resilience & Work-Life Balance were administered to the participants. Findings of the study revealed a significant positive correlation between Work Engagement, Resilience & Work-Life Balance. The findings implicated the need for Resilience enhancement programs & skills training for managing Work-Life Balance, to be utilized with enthusiastic women entrepreneurs, to help them maintain this work engagement.

Biography:

Aashna Narula has a Experienced Director with a demonstrated history of working in the higher education industry. Skilled in Nonprofit Organizations, Coaching, Public Speaking, Psychology, and Management. Author



of an International Selling Children's book.

More than five awards & honors for Young Women Entrepreneur.

Recent Publications:

1. Reliability and validity of the Persian version of Foot and Ankle Ability Measure (FAAM) to measure functional limitations in patients with foot and ankle disorders, The relationship between dispositional gratitude and quality of life: The mediating role of perceived stress and mental health, The Effectiveness of Group-based Rational Emotional Behavioral Therapy on Family Function, Incompatible Schemas, and Couple Burnout in Couples, Examining patience as a psycho-religious construct in Iranian patients with cardiovascular diseases: a pilot study

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