

Business Success Shouldn't Cost Your Peace of Mind

Shulamit Ber Levtov, MA, RSW, CFSW

The Entrepreneurs' Therapist

Speaker and consultant

Shulamit is a culture change catalyst focusing on mental health in entrepreneurship.

She speaks, teaches and consults nationally and internationally, and supports individual women business owners through the emotional challenges of running a business.

Shulamit's unique approach combines her 30+ years of entrepreneurship and 24+ years as a mental health professional. She is a masters-level, licensed somatic trauma therapist and a trauma survivor herself. She also has certifications in the Trauma of Money and Financial Social Work.

Services

- ▶ Comprehensive program for incubators, accelerators and business programs that includes data-driven founder mental health planning, ongoing performance monitoring and expert support.
- ▶ 1-hour keynote: The Overlooked Factor in Business Success (Spoiler alert: it's founder mental health)
- ▶ 2-hour workshop: Boost Your Business with a Mental Health Plan
- ▶ Custom presentations & workshops on mental health and business



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“Shula's workshops were a game-changer for our entrepreneurs. She created a safe, supportive space while making complex mental health topics practical and actionable. Her expert guidance helped our founders navigate challenges with confidence, balance, and a strong sense of community.”

Ondine Hogeboom (she/her)
Director Programs, Social Impact, 2023

“This workshop is a must for business owners who are struggling with supporting their mental health, or beginning to understand how to support themselves and their mental health.”

Valerie Farber (she/her)
Business owner and workshop participant

Some organizations I've spoken for





Business Success & Mental Health Are Intimately Connected

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Founder Mental Health Challenges Threaten Business Success

- 46% report mental health struggles affect their ability to work (CMHA, 2019).
- 49% have at least one mental health condition (Dr. Michael A. Freeman, 2015).

These challenges are inherent in entrepreneurship, yet traditional accelerator programs fail to integrate mental health support into their structure.

Equip Founders with Tools to Succeed

Our comprehensive approach takes founder mental health from an afterthought to a core business function.

- ▶ Initial 2-hour session in which founders identify their mental health KPIs and build their mental health plan
- ▶ bi-weekly 1.5-hour facilitated group sessions for peer support and accountability (for the duration of the cohort)
- ▶ 1:1 founder confidential mental health consultations either on-site or remotely

By embedding mental health into your programs, you ensure founders have the resilience, clarity, and strategic foresight to sustain long-term success.

“Should be required coursework in every MBA program.

Shulamit has a comprehensive grasp of the complicated, competing demands of business. She distilled vast information making it practical, useful and highly effective.

Shannon Thompson (she/her)
SAGE Incubator, Sacramento, CA

“Necessary for all founders.

Shulamit made complex psychological concepts both accessible and immediately useful for new entrepreneurs. She created a safe space for our entrepreneurs to be vulnerable.

Kiran Bains (she/her)
Ivey Western Accelerator, London, ON

Trusted speaker by



Equip your founders with the mental resilience to succeed.

Contact me to discuss how this comprehensive, data-driven solution can integrate seamlessly into your program.

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