

Newsletter Archive



Dear Entrepreneurs,

Happy Easter!

We hope you've been resting, practising self-care and treating yourself to a good time this long weekend. Remember, your wellness is a priority.

## There's More Than One Way to Rest

This video by the World Economic Forum explores the seven (yes, seven!) types of rest, as explained by Dr Saundra Dalton-Smith, the author of "Sacred Rest". Check it out!

https://www.linkedin.com/posts/world-economic-forum\_do-you-get-enough-mental-socialor-creative-activity-6920657086057984000-jMFv

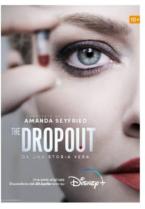
**Need Something to Watch This Weekend? Check Out Our** Recommendations!















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We curated a list of movies and TV shows for you to watch this weekend. Whether you are looking for something intriguing, heartwarming, nostalgic, suspenseful or hilarious, there's something for you on the list!

### Man of God

This film, directed by Bolanle Austen-Peters, follows a man who is torn between the life he has embraced and the faith he left behind.

## **A Simple Lie**

"A Simple Lie" is the story of a lady who tells her ex-partner a lie that sets off a series of catastrophic events.

#### **Bel-Air**

"Bel-Air" is a re-imagination of the beloved 90s sitcom, "The Fresh Prince of Bel-Air. It's a dramatic, modern spin on the classic story.

### **The Dropout**

"The Dropout" is a limited series based on a podcast of the same name. It tells the story of Elizabeth Holmes and her now-defunct company, Theranos.

#### **CODA**

"CODA", the Best Picture winner at this year's Academy Awards, tells the story of a girl, the only hearing member of her family, who is caught between two choices- her music passions and familial obligations.



# Pick of the Week 💥

Our pick of the week is a Forbes article titled "How to Find Work-Life Balance as a Young Entrepreneur"

It's often difficult to find the time for self-care, personal development, and relaxation when caught up in the "madness" of building a business. This article provides practical tips to help you manage this problem effectively, and it's a timely read!

That's all for this week! Have a wonderful Easter celebration.



Your partner in progress,

### **LSETF**

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