



ENTREPRENEUR ABILITIES



Bring your vision to life

Cohort 2025-01

In collaboration with





About Resilient Hearts

Resilient Hearts is a community organization that empowers young adults with developmental disabilities for independent living. Our organization aims to develop skills and create awareness among individuals with developmental disabilities while challenging stereotypes. Our mission is uplifting individuals to realize their own potential and our vision is resilient communities.

Entrepreneur Abilities

Entrepreneur Abilities is a pilot initiative delivered by Resilient Hearts in collaboration with Momentum Calgary. This free 8-week program is designed to empower adults (18+) with developmental disabilities who are interested in self-employment or launching their own small business. We offer inclusive, flexible learning experiences and one-on-one business coaching to adapt to diverse needs and support participants on their entrepreneurial journey.

Purpose of this Program

- Provide accessible and inclusive entrepreneurship training for individuals with developmental disabilities.
- Teach key business concepts (marketing, finance, legal, and market research) through experiential learning.
- Offer ongoing mentorship and post-program support to move participants from ideas to action.
- Build a supportive community of peer entrepreneurs confident in their skills.
- Develop practical business skills and confidence to start or sustain small enterprises.
- Highlight and celebrate successful entrepreneurs within the disability community.

Supports Offered

- Weekly facilitated sessions on Monday with Momentum for business learning and activities.
- One-to-one support on Thursdays to work on business learning.
- One business coaching session with business coach/participant.
- Peer-learning and networking opportunities with fellow participants.
- Post-program mentorship: connecting with resources that support in launching, navigating challenges, scaling.
- Assistance with connections to disability-serving organizations, inclusive employment supports, accessible business services.

Program Schedule

Timings: 4pm- 6pm

Week	Dates	Session Topics
Week 1	October 17th 2025 (Online)	Introduction To Entrepreneurship– exploring entrepreneurship, getting to know each other.
	October 30th 2025 (Online)	One-on-One support/peer learning
Week 2	November 3rd 2025 (Online)	Sharing your Idea, Business Feasibility Study and Business Model Canvas
	November 6th 2025 (TBD)	One-on-one support/peer learning
Week 3	November 10th 2025(Online)	Customer and Target Market Research
	November 13th 2025 (TBD)	One-on-one support/peer learning
Week 4	November 17th 2025(Online)	Intro to Business Financials
	November 20th 2025 (TBD)	One-on-one support/peer learning
Week 5	November 24th 2025(Online)	Financial Forecast/Cashflow – start-up costs, numbers and revenue projections
	November 27th 2025 (TBD)	One-on-one support/peer learning
Week 6	December 1st 2025(Online)	Marketing Plan– branding, marketing, sales
	December 4th 2025 (TBD)	One-on-one support/peer learning
Week 7	December 8th 2025(Online)	Registration & Licensing – business structure, registrations, permits, compliance.
	December 12th 2025 (TBD)	One-on-one support/peer learning
Week 8	December 15th 2025(Online)	Wellness – balancing business and personal well-being, resilience, supports. Session Led by Guest Speaker
	December 18th 2025 (In-person)	Graduation – wrap-up, pitching, celebration and exploring next steps

Program Curators



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Project Lead & CEO
Resilient Hearts



Allan Grant
Project Lead & Facilitator
Momentum LED

Our Entrepreneur Abilities team is looking forward to working with you to bring your idea to next level!

Visit resilienthearts.ca to learn more about us!

If you have additional questions, please call us at 403-338-7869 or email us at info@resilienthearts.ca