

URL: <https://stvp.stanford.edu/blog/videos/balancing-life-with-business-needs>

As someone who has spent more than his fair share working, Greg gives insight into how he maintains a strong work-life balance. He stresses the importance of prioritization and communication.



Transcript

So the question is as somebody who has worked in a lot of high pressure situations, how do you balance your life with your business demands? There's no easy answer to that.. I had a friend who married a wonderful woman who I knew from the very beginning was going to be a problem because when he was the least bit late to work, it became a problem in their marriage.. I mean the good news is my wife sort of understood.. Her father was a general in the Army so the fact that I wasn't like gone for a year seemed pretty good to her.. The real problem is when you come home and she says oh, you're back already.. It comes down to making sure that your spouse and you're your kids understand those demands.. I don't play golf on the weekends.. I don't hang out with the boys.. I don't have boys' nights out.. I don't go and watch football games on Monday night at the local pub and hang out with my buddies..

I'm either at work or I'm home with my family doing something.. That's the commitment that I made.. My business life has squeezed out some of the other things that other people get a great deal of pleasure.. I love what I do and for me, that's like a hobby.. If I'm traveling in London and I have dinner in London that to me is probably better than most people would find at a pub watching football on a Monday night.. So I get my enjoyment from the travel that I get out of my job and the stress of my job.. But if you don't have a family that starts with that understanding of what's going to happen, if you don't discuss that and communicate it, it can be tough.. It is still tough.. My wife and I to this day have discussions about my schedule, but she understands that this is the tradeoff that we make for the life that we've chosen...