

URL: <https://stvp.stanford.edu/blog/videos/how-do-you-balance-work-and-family>

Mandelbaum answers a question she thinks about every day: How does she make time for what is the most important part of her life, her family, while making sure her companies stay alive? She checks in with her family everyday to see that they are happy. She also recommends listening to advice from friends that have older children and have gone through many of the challenges of parenthood before.



## Transcript

One of the things, I know that you and I talked about a lot when we were walking, was the balance between work and family.. I know this is often an issue for women in the workplace but also for men in the workplace.. How do you balance being a good parent, I mean I know you've got two fabulous kids, and all of the commitments that you have to your venture and to all of the other ventures who are pulling you in different directions? It's a question I ask myself every single day.. How do I make time for what's really without a doubt the most important to me and my family, how do I make sure my companies stay alive? How do I do triathlons or whatever it is I'm doing at the time? I check in with everyone everyday, particularly my family.. I mean if they're happy, I'm happy.. But they also know that what I do makes me me, so they're kind of checking in with me and I'm checking in with them and we're a team.. We have someone who lives with us, a no-payer, and she's a critical part of the team so if everyone is smiling each day I know okay, we're generally all right.. I observe a lot of my friends, people who have older kids.. Again, back to the whole ask a lot of questions, surround yourself with great people.. I don't just do that with companies..

I do that in all aspects of my life and I've learned so much from my friends whose kids are now applying to college, what works and what doesn't work, how to avoid some giant landmines.. I'm not saying it works all the time and every one is different but people have tried all these things before.. People have started companies.. People have started families.. People have created great families.. I want to do that and so I'm always learning and always watching and always hoping someone tells me something new...