

URL: <https://stvp.stanford.edu/clips/is-worklife-balance-possible>

The myth of work/life balance, says FLOODGATE Fund partner Ann Miura-Ko, is that one can actually strike a balance. As a mother of two, she advises anyone with a family, who also seeks to carve a path in entrepreneurship, to recognize that it is a struggle to achieve balance. Knowing how much time and energy a new venture can demand, she states the importance of feeling passion for your business mission. Only a great venture will make taking time away from family feel like a worthy trade-off.



Transcript

One of the questions even came before you had talked about how you balanced life and family.. And this came from one of our online students somewhere in the ether who said, "Well, that's interesting for a venture capitalist to be able to balance children, life and family.. Would you expect you entrepreneurs to be able to do the same?" What a tough question.. They get harder.. So all entrepreneurs I recognize have especially at the seed stage where it's sort of life or death and half the time you feel like you're dying, I know that that work, life, balance, it's hard to say its balanced.. And a lot of our entrepreneurs actually have families and I think it's a struggle but that's why you also have to be so passionate, you have to believe so much that you think it's worth it in the end.. And I think this is true of any job, right? Any job that you have--I tell this to my students all the time, when you leave the door to go to work if you have a family everyday you're making that choice to leave your family to go to work.. And if you don't believe that it's worth it you're going to have a crisis of conscious at some point and the beauty is that the entrepreneurs that I'm working with today really believe that they're on to something and I know that some of them are women, they're mothers and some of them are men who are fathers and a lot of them are married with wives and husbands and I think it's always a struggle to balance it..