

URL: <https://stvp.stanford.edu/clips/time-out-for-family>

Disciplined “time outs” are necessary to balance work life and family life for an entrepreneur, says Amit Chatterjee, CEO and Founder of Hara. Chatterjee says pulling off this “tough trick” means turning off the cell phone, setting the business aside, and working to step away from business stress and pressure as it enters your family’s life.



Transcript

The question was, "How do I balance family life and entrepreneurialism?" And the reality is it's a tough trick.. But what you can do is sort of have time outs where you actually turn off the cell phone, you put away the business and you just focus on family.. And that requires a lot of discipline.. And often times, the stress part will fall into your domestic life and you have to be able smart enough to be able to take a step back and go, "You know what, I can't do anything about the company there.. I've got to focus on the family here."..