

URL: <https://stvp.stanford.edu/clips/worklife-balance-difficult-but-doable>

There's no magic formula for balancing work and life for the entrepreneur, but it is possible, says Sandy Jen, co-founder of two tech startups. Herself a mother, Jen describes how she knows numerous entrepreneur parents, including fellow co-founders, who meet their obligations to family and firm by staying passionately focused on their mission.



## Transcript

- So Honor is about three years old now, and I had a baby in year one, Seth also had a baby in year one, and so it is possible, and clearly I have another one on the way, so it's not like this is preventing me from having a family.. And the reason I say this is that we've had kids, you know, a lot of the, it's really interesting.. A lot of the engineers that came over with me from Mebo to Honor when I plucked them out of school, were, you know, my age or younger, they all have kids now too and they're, you know, they're working at Honor.. And Honor is still the fastest moving, most aggressive, fastest milestone reaching company I've ever been a part of or worked with, which means to say that we're still moving really fast, we're still pushing ourselves, we have families, we have mortgages, we have, you know, some social lives, but at the same time we are very focused, and so, like I said before, where I think a lot of first time entrepreneurs are just running on adrenaline, we're trying to be a little smarter about how we do things.. And work life balance is hard.. I'm just gonna tell you, right? It's hard.. There's no magical formula, I'm sure a lot of moms in here understand that, and I had to learn how to be a mom and a founder, and I didn't realize a lot of the challenges how real they were for working moms until I became one, right? And it's even harder when you have to.... You have two babies, you have your human baby and you have your company baby and you have to take care of both.. And the pressure of, you know, being responsible for the livelihoods of your team like, you know, Honor has a large number of employees as well, that does weigh on you, right? And so, the point I'm trying to make is that, you know, the insecurities that come back, especially when you're a mom, the doubts, the fears, all of that is still running inside me all the time, and sometimes it gets really loud, but you just have to keep going, right? You've had to sort of eye on the prize, focus on what you wanna get done, and then, you know, balance that out.. And sometimes that balance comes at a cost, but it is possible..

I know a lot of founder moms who've had kids while they were trying to fundraise, while they were trying to hire and, you know, pop out babies while they were trying to get out of a hole or raise debt or whatever, so challenges always happen, there's never perfect timing, but if you really want something you should just go and get it...