



# Stanford eCorner

## A Woman's Work/Life Balance

Lisa Lambert, *Intel Capital*

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Video URL: <http://ecorner.stanford.edu/videos/2456/A-Womans-WorkLife-Balance>

Reflecting back on her driven career success, Intel Capital VP Lisa Lambert speaks of her abundant dedication to her work, and how that functions within her current desire to have a family. Her advice to college grads, particularly young women, is not to let their career drive overshadow the other aspects of their life, but instead to acknowledge and prioritize what's most important. Lambert suggests planting the seeds of family preparation early on in one's career, else, "You're vice-president of the company, and there's not a lot of options for you."



### Transcript

As a woman, you really need to understand what your priorities are because - I'm sorry guys - but for women, you should be thinking about kids and whether you want them, in your 20s and in your 30s and not when you're in my age. But it - if you have those priorities, you can lay them out and really hold yourself accountable to them. It's manageable. It's just - what happens is you get so caught up in whatever it is that you're doing. If you really like to work; I'm very work-oriented. So I kind of erred on the side of planning more about my career rather than planning my personal life, or planning my married life, or whether I want to have a family. And I'm saying, you need to think about those things very early on. Just understand what you really care about, and what are your priorities? And then make sure you allocate some time the things that you care about. For me, it was just work. It was work and athletics.

I was an athlete, college athlete, so I always stayed in shape and I always worked a lot. And those other areas really were neglected. If you don't want that to happen, then identify the top three to five things that are really, really important to you and make sure at an early age you start acknowledging all of those areas by spending time developing all of those areas. Because, I can tell you, you all are Stanford students, you're all very type-A perhaps, very eager who want to achieve and want to succeed. Your propensity for that will drive you toward a career at the neglect of some of these other things. And when you're 40 and you realize you don't have a family and you don't have a social life, it really hurts. There's not a lot you can do about it because you're the vice president of the company and there's been a lot of options for you. So, just think about it early, plan it, prioritize, and give time and attention to those things.