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Puneet Agarwal, partner at True Ventures, describes the importance of emotional intelligence (EQ) within venture capital and its implications on the business functions of companies. He shares scenarios where EQ sets the tone for open communication, helping to build a community of safety for their founders and investors.



Transcript

- EQ matters a lot.. You know, a lot of you are going to your classes.. You wanna succeed.. You're Stanford students.. You wanna get great grades.. You wanna go do the next job.. But EQ is maybe the most important thing.. It just really is in your personal life, in your professional life, it will matter a ton.. The second thing I would say is is around living your values.. So you know, have a value system..

Develop a value system.. I would say design your life or your job or whatever it is to have these value, right? Like just as true.. For example, we consciously said we're gonna be build true so that we can have these values and it will allow us to be our best selves and in a lotta ways and have these values that I just described, all this stuff.. You can't do it unless the firm is designed that way, right? I would say the same thing for you guys.. If you start a company, if you're an employee at a company, if you manage a team at a company, in your personal life, think about your value system and how you're gonna design your life to adhere to these values and live these values.. And I try to do that every day.. It's super hard, but we try to it every day..