

COMMUNITY

A Conversation with Ron Bauer on How to Make the Most Out of Your Quarantine

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By [Joey Claudio](#), Freelance writer



Ron Bauer

Times are changing, and if you're not changing with them, you're going to get left behind. As a venture capitalist, entrepreneur and investor, Ron Bauer knows all about adapting to change. Amidst the COVID-19 pandemic, millions of individuals are now working from home, and that brings with it some uncomfortable changes. Right now, Ron Bauer is focused on stay-at-home lifestyle habits that can improve your overall health during this difficult time. Despite his recent focus on Life Sciences, where he is working with the world's leading scientists to develop groundbreaking treatments through his early-stage Life Sciences companies, [Ron Bauer has experience investing](#) in everything from technology to gaming and natural resources. With a passion for helping entrepreneurs make their dreams a reality, Ron Bauer hopes to give you the tips you need to succeed during these challenging times.

What does a typical day consist of for you?

My typical daily routine has been impacted by COVID-19 just like everyone else, but I make sure that I still maintain structure. One of the first things I do when I wake up is exercise. Whether it is walking, jogging or strength training, getting the body moving in the morning is a great way to strengthen your focus and wake your body up.

Working from home is an opportunity to spend the time you would normally spend in transit on yourself. Once I've taken the time to plan my day, I make a cup of coffee and get to work. Consisting of phone calls, meetings, and dedicated work time, this schedule changes every single day. At lunch, I try to take at least an hour for a healthy meal and take a moment away from my devices before returning to work. In the evening, I make time for loved ones, hobbies, and winding down however I see fit.

What keeps you motivated?

Whether I am working from home or working in the office, I always have a task list and set of systems in place to ensure I am productive. Motivation is fleeting depending on external circumstances, so having a list of tasks helps keep me on track. In the morning when I reflect on the day ahead, I compile a list of the five most important tasks to complete in a day, and order them from most to least important. This way, I don't feel overwhelmed by an unending list of tasks, and ensure I focus all of my energy into a single task rather than scatter it between dozens.

How do you maintain a solid work life balance?

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Now that I am working from home, maintaining a work life balance has become much easier. Of course, setting definitive times to dedicate to both endeavours is important, but the lack of travel has been a great benefit to both my work and home life. Maintaining a positive balance between the two is about setting boundaries. Your home life has to be as important to you as your work life. If you schedule time to spend with loved ones, it should hold the same weight in your life as a work meeting. On the other hand, both working relationships and personal relationships should have an understanding of your commitment to the other. You may need to draw a line in the sand with your work life, and may have to do the same with your personal life. It is all about communication.

What traits do you possess that make a successful leader?

I am very empathetic, and try to put myself in other people's shoes when I make decisions. I think it is very easy for leaders to paint their colleagues and employees with a broad brush, assuming their motivations and intentions. But more often than not, people do not act with ill intent, and if you take a moment to listen to them, you will discover that you may be more alike than you initially thought. This is the eternal optimist in me.

What suggestions do you have for someone starting in your industry?

I would suggest that they be patient. It takes a long time to build the expertise and relationships necessary to be successful. Focus on putting one foot in front of the other, and be reasonable with your timelines. I would also suggest embracing the failure as much as the success. Take every misstep as an opportunity to learn and grow.

What is your biggest accomplishment?

Setting up Theseus Capital as my family office investment vehicle and the Ron Bauer Scholarship are my two greatest accomplishments. As an investment company, we are able to provide a wide range of value to the companies we invest in. Being actively involved in the whole life cycle of an investment, from early stage seed capital to the investment companies' eventual exit, is extremely fulfilling. With new challenges, projects, scientists and entrepreneurs always on the horizon, I am constantly impressed by what people dream up and accomplish. The Scholarship is something I have always wanted to do. Being able to give back where I can has always been important to me, and if we can fund a part of someone's educational dream, that is an accomplishment for me. I have always worked to improve my education further and that of my children.

What's one piece of advice you would give to others?

"If you take care of your body, you take care of your mind." There are a few healthy lifestyle hacks that help keep me on track, and I highly suggest others do the same. For those of you who are working from home due to COVID-19, there has never been a better time to incorporate positive lifestyle habits into your routine and make healthy changes to your lifestyle. With easy access to home cooked meals, space to reflect, and time for workouts, there is no excuse not to.

What is the biggest life lesson you have learned?

The biggest life lesson I have learned is that if you don't take care of yourself, you will never be able to take care of others. Again, this relates back to COVID-19 and how people are dealing with stress. You may want to be there for your loved ones and friends, but if you can't take care of your needs first, you will only be able to support them for so long.

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I am a professional writer.



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