

Blood, sweat and tears

A few snapshots about my path to well-being

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FLORIDA

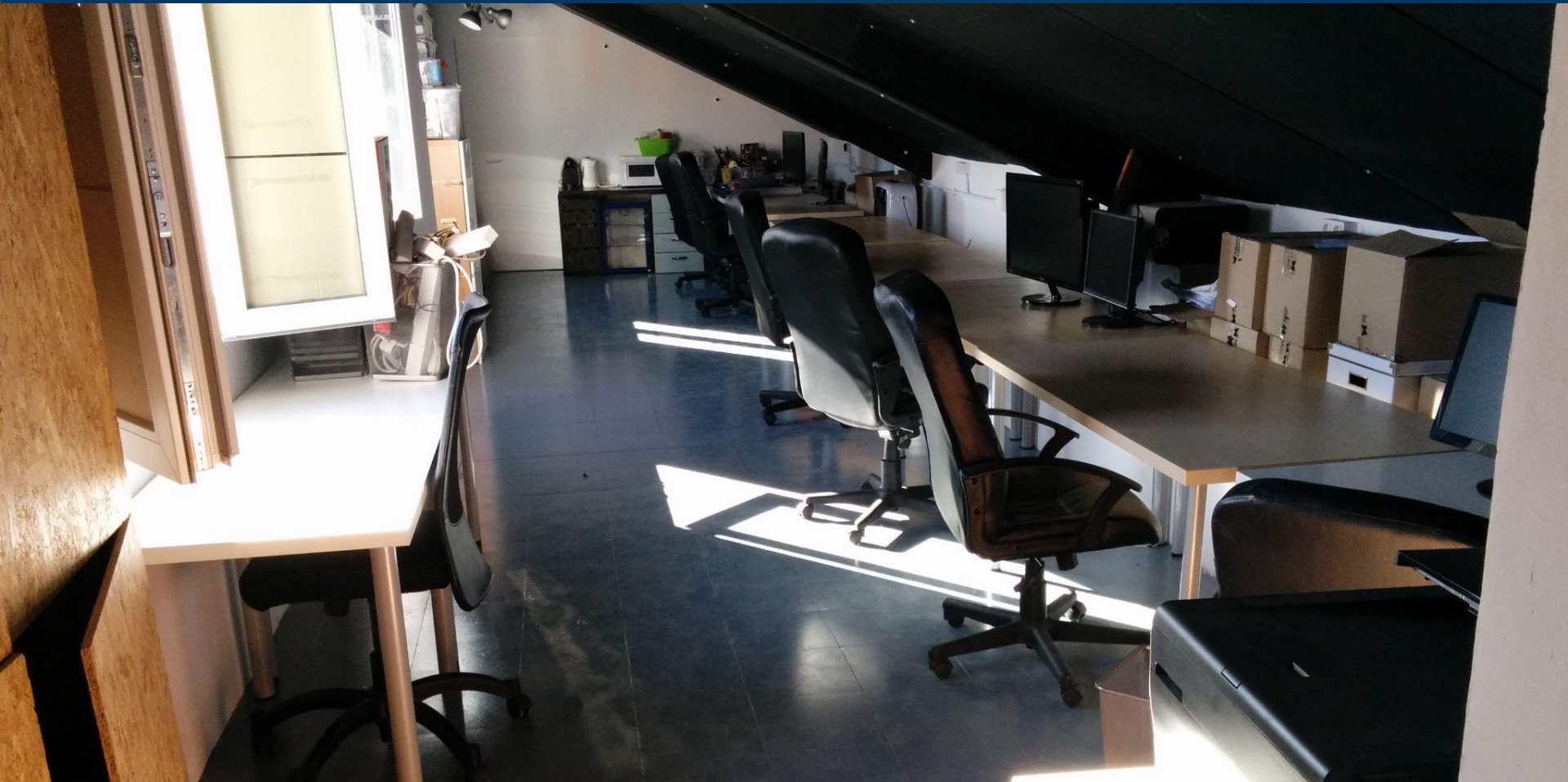


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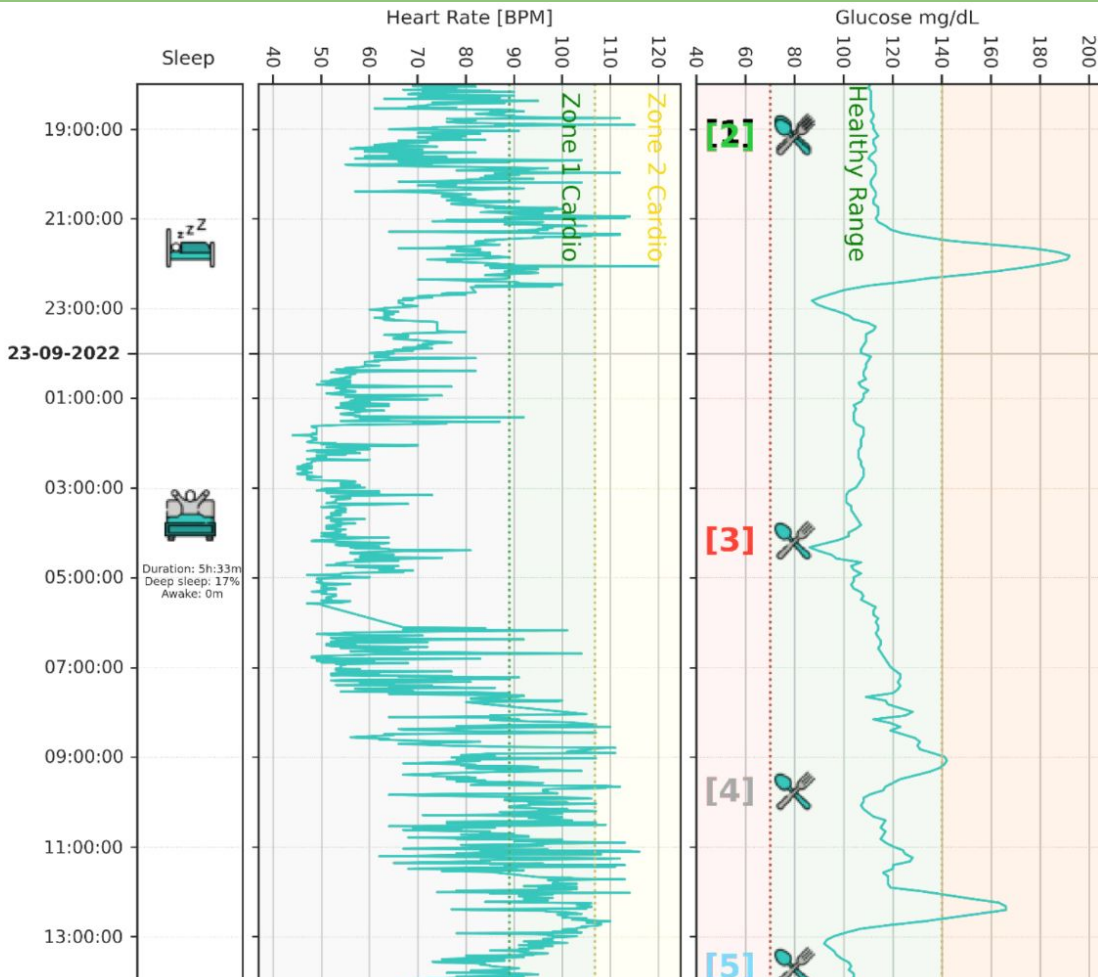
EUROPE'S PRE-ACCELERATOR




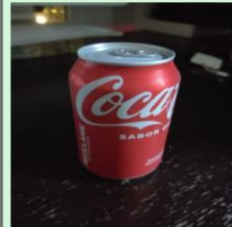




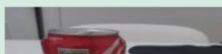


A BANK OPERATING IN 32 COUNTRIES



WELL BEING FOR GEEKS (WIP)



Food Log

[1] NO DESCRIPTION 	[2] NO DESCRIPTION 	[3] NO DESCRIPTION 
[4] NO DESCRIPTION 	[5] NO DESCRIPTION 	[6] NO DESCRIPTION 
[7] NO DESCRIPTION 	[8] NO DESCRIPTION 	[9] NO DESCRIPTION 

DISCLAIMER



“Never ascribe to malice that which is adequately explained by stupidity.”

— Napoleon

MENTORS: THE GOOD, THE BAD AND THE UGLY

The Good

Good mentors are the worst. The best startups navigate uncharted waters by definition, normally working on a problem no one has solved that way (if at all) before.

Domain experts will view everything from the lense of their (corporate) successes and failures. They are likely to answer the questions from the startup instead of helping them identify the right hypothesis to work on testing.

Serial entrepreneurs will rarely be transparent about the endless times they almost gave up, and rarely realise how much things have changed since they last spent time in a basement. Yet many can boost morale, share great ideas and introduce you to powerful friends. Handle with care.

The Bad

Bad mentors are relatively easy to spot. Conflicts of interest. Lack of hobbies. Ego driven. Trying too hard or not listening at all.

They might to be able to provide marginal value, but they are guaranteed to distract you as long as you allow them to.

Run as fast as you can unless you are out of ideas – in which case you should probably try to get a job

The Ugly

Ugly mentors are the ones that hurt repeatedly, but that can gauge the urgency of the long list of unsolved problems that can make your startup fail, and help you identify options to continue your quest.

They are the ones that let you know when you are wrong, trying different angles to make you aware of risks you are oblivious to.

They are also the ones that provide data driven emotional support in times of need, the ones that understand that as a CEO one of your toughest challenges is managing your own psychology.

Always keep a few on speed dial. If you can't find one, try talking to a stranger whose life could be better thanks to what you are up to and learn why he doesn't care.

20 YEARS AGO I HAD A CORNER OFFICE



A STARTUP SCHOOL AND A CRUSADE





ETFmatic Barry Ritholtz— The Big Picture



3:04

ETFmatic PROF ELROY DIMSON - LONDON BUSINESS SCHOOL



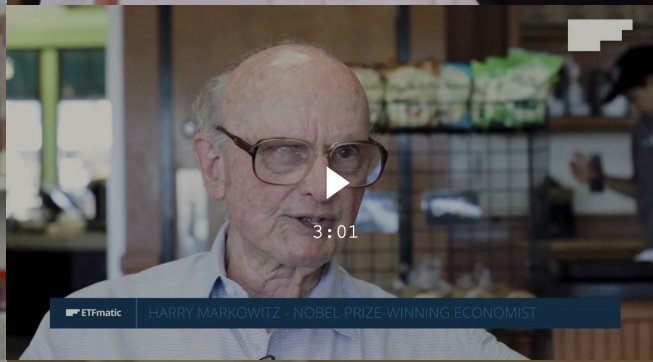
3:14

ETFmatic LARS KROJGER - INVESTMENT AUTHOR



2:45

ETFmatic PROF RAGHU RAU- CAMBRIDGE JUDGE BUSINESS SCHOOL

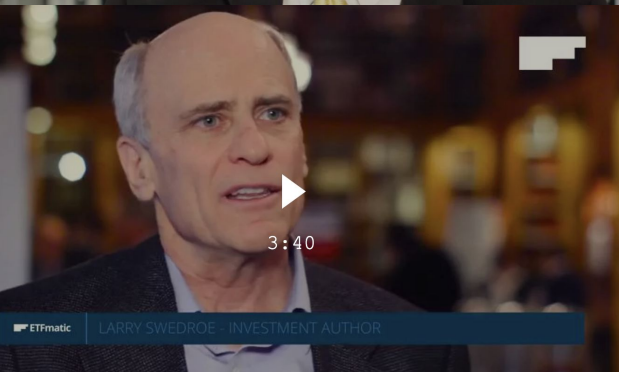


3:01

ETFmatic HARRY MARKOWITZ - NOBEL PRIZE-WINNING ECONOMIST



ETFmatic Craig Lazzara - S&P Dow Jones Indices



3:40

ETFmatic LARRY SWEDROE - INVESTMENT AUTHOR



3:53

ETFmatic MEIR STATMAN - SANTA CLARA UNIVERSITY



3:06

ETFmatic DAVID PITT WATSON - LONDON BUSINESS SCHOOL

MY CURRENT PROJECT: KOGNITAS.IO



CAREFUL WHAT YOU WISH FOR

Médico Responsable: TABOADA GOMILA, MARCO ANTONIO

Servicio/Unidad: ANESTESIA / REANIMACIÓN - C

Diagnóstico principal: ABCESO PERIAMIGDALINO

Intervención propuesta: DRENAJE DE ABCESO PERIAMIGDALINO 29/11, DR. GARCIA SIMAL

ALERGIAS: No Referidas.

COPIA

- HTA: No.
- Diabetes: No.
- Dislipemias: No.
- Tratamiento Actual: IBUPROFENO CUANDO PRECISA
- Anticoagulación: No.

“My son is now an ‘entrepreneur’. That’s what you’re called when you don’t have a job.”

— Ted Turner

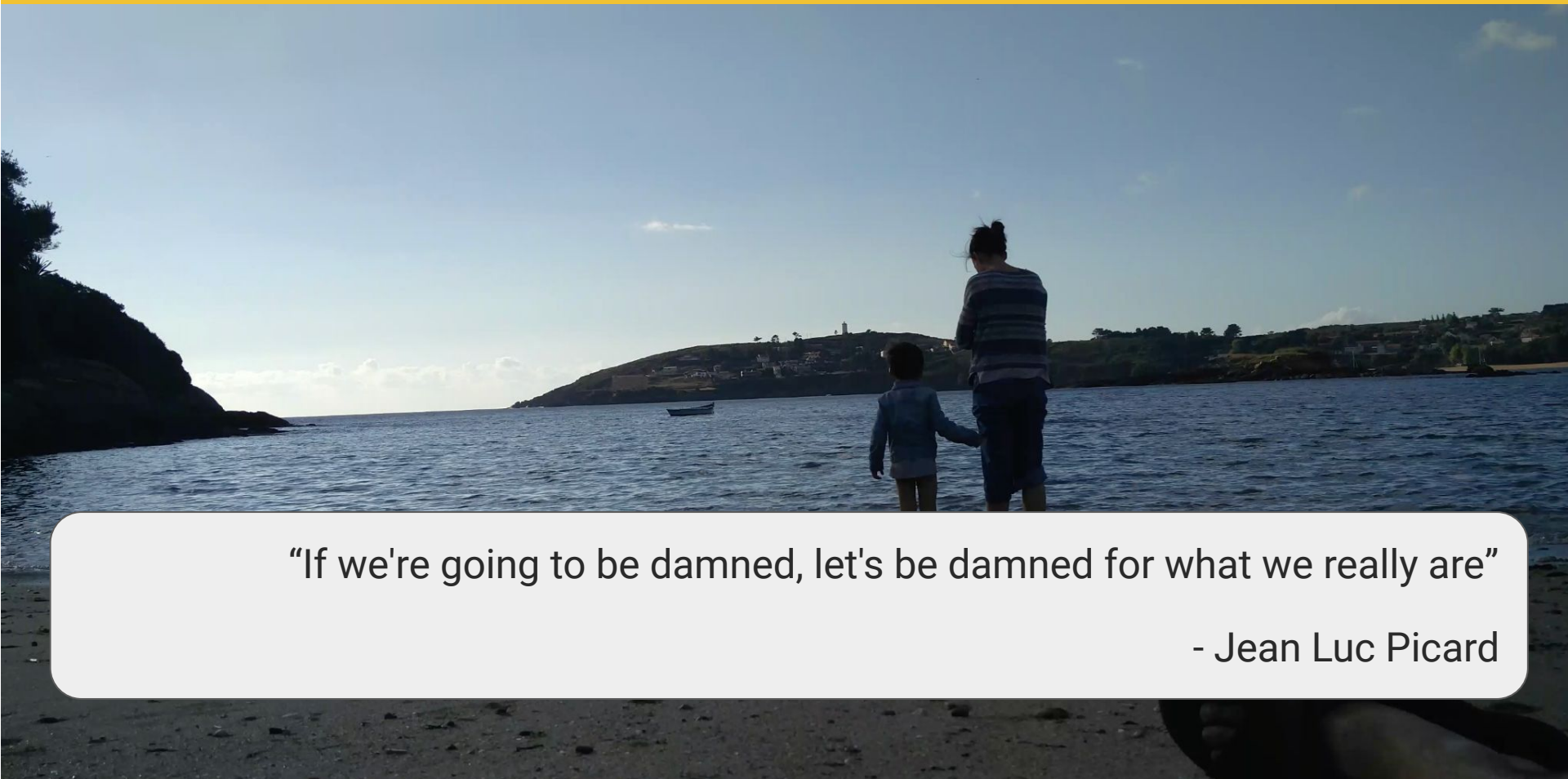
Clase funcional NYHA: I

Via aérea:

FIND COMFORT OUTSIDE YOUR COMFORT ZONE



ENJOY YOUR RUNWAY



“If we're going to be damned, let's be damned for what we really are”

- Jean Luc Picard

HELP ME OUT



https://telegram.me/foodlog_kogbot

THANK YOU!!!

Kognitas

<https://kognitas.io>

My web

<https://luisriverag.com>

This presentation (& others)

<https://luisriverag.com/keynotes.html>

Tech mentors: The good, the bad and the ugly

<https://www.uktech.news/news/luis-rivera-efmatic-mentors-good-bad-ugly-20161101>

Well-being denial and Data-driven management

<https://blog.kognitas.io/well-being-denial-and-metrics/>

TetuanValley for Dummies

<https://www.slideshare.net/luisriverag/playbook-tetuan-valley-startup-school-for-dummies-july-2012-2nd-edition>

TetuanValley

<https://tetuanvalley.com>

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