



Lowenstein Sandler's Emerging Companies, Venture Capital Podcast: The Founder's Hour

Episode 00

[Laura Cicirelli](#), [Eric Weiner](#)

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Eric Weiner: What does it really take to build a company and successfully exit? Welcome to the Founder's Hour, From Idea to Exit. Happy hour conversations on forming, growing, and selling a business. I'm Eric Weiner.

Laura Cicirelli: And I'm Laura Cicirelli.

Eric Weiner: We're partners in Lowenstein Sandler's Emerging Companies and Venture Capital Group.

Laura Cicirelli: Each month, we host founders, investors, and members of the venture community at our New York office to talk candidly about the legal and business decisions that shape a company's life cycle. This podcast brings those conversations to you. Over the course of the series, we'll cover getting your formation right from day one, SAFEs, convertible notes, and priced rounds, venture debt and alternative financing arrangements, managing investor relationships, protecting your intellectual property, hiring and compensating talent, navigating disputes, down rounds, and restructurings, and ultimately, exits, liquidity events, and what comes next. Whether you're a first-time founder, seasoned executive, or active investor, the Founder's Hour is designed to provide practical, experience-based guidance you can actually use. Join us each month as we explore what it takes to move from idea to exit and every step in between. Subscribe now on Apple Podcasts, Spotify, YouTube, or wherever you listen.