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# State of startup compensation

H12025

### A word from our lawyers

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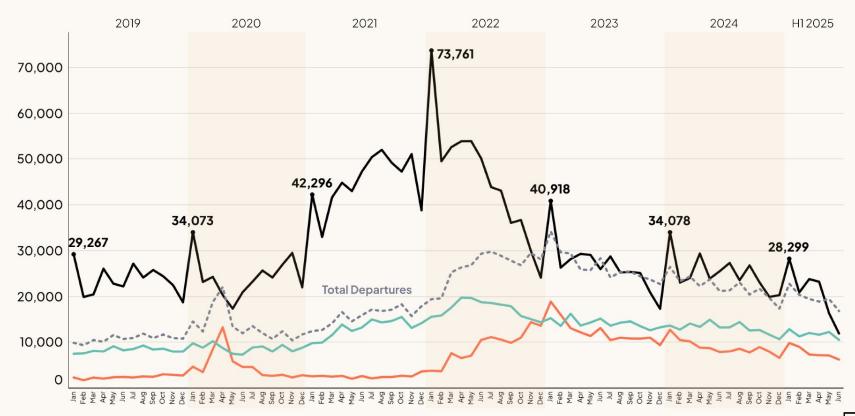


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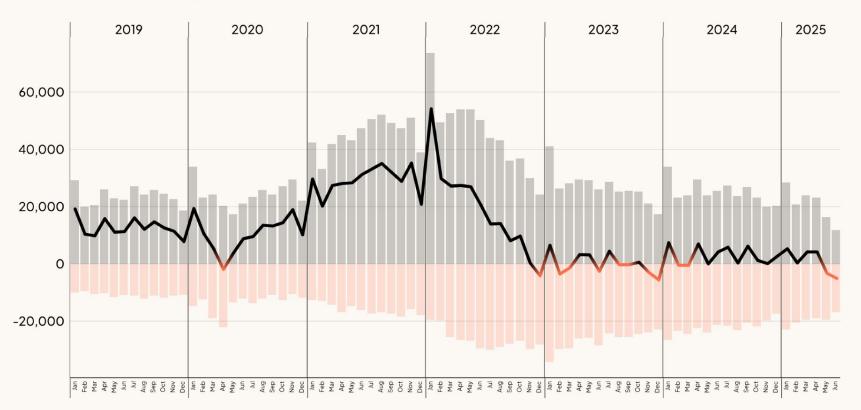
### Jan 2025 was the lowest hiring figure for January in last 7 years

Employees hired, leaving by choice, and laid off by month | Jan 2019 - June 2025 | Labels = hires in January



### Net headcount floating just above flat since Jan 2024

**Employees hired** vs **employees who left** by month | Jan 2019 – June 2025 | Line = net change in total headcount across startups



### Hardware startups lead in headcount growth in 2025

0.5

Ratio of new hires to departing employees by industry, 2019-June 2025 | 1 = total headcount kept flat that quarter

	2019	2020	2021	2022	2023	2024	2025
Hardware	3.2	1.9	3.3	2.3	1.5	1.5	1.3
Medical Devices	2.9	2.8	2.7	1.7	1.6	1.5	1.2
SaaS	2.6	1.9	3.1	1.9	1.0	1.2	1.1
Healthtech	2.6	2.8	3.5	1.9	1.1	1.2	1.1
Fintech	2.9	2.9	4.0	1.6	1.0	1.2	1.1
Energy	2.2	2.9	4.6	3.8	2.0	1.5	1.0
Adtech	1.8	1.2	2.3	1.6	0.8	1.1	1.0
Consumer	2.6	1.8	2.8	1.6	1.0	0.9	0.9
Pharma/Biotech	3.6	3.1	4.3	2.3	1.4	1.1	0.8
Gaming	3.0	2.9	3.4	2.2	1.1	0.9	0.8
Education	1.9	2.5	2.9	1.8	0.8	0.9	0.6

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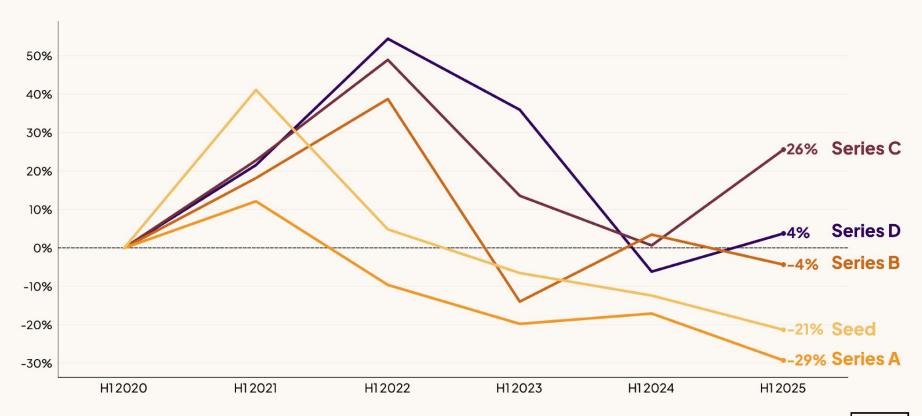
4.0

# Company composition



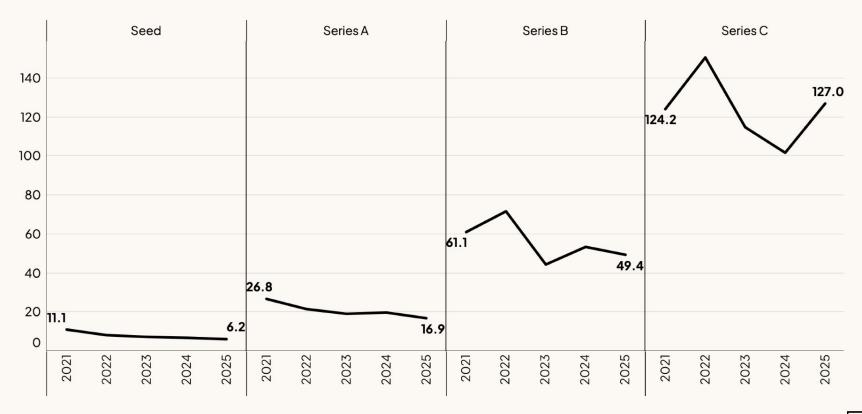
#### Headcount at Seed and Series A continues to drift downward

Percent change from H1 2020 in average headcount on the day of fundraise by stage | Only software companies included



#### The decline from 2021 headcount has been more muted at later stages

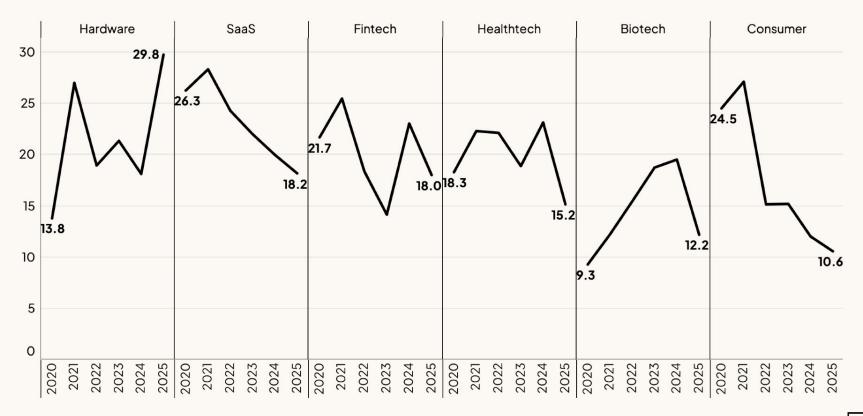
Average headcount on day of fundraise by stage | Only software companies included | All data from first half of each year





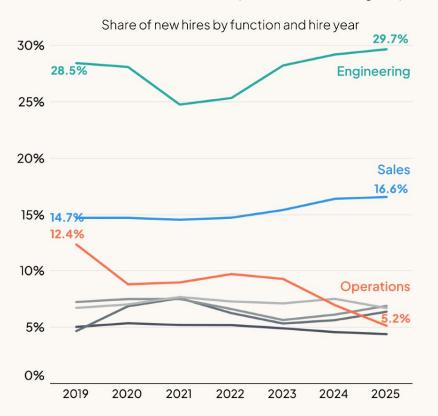
#### Headcount has declined across most industries

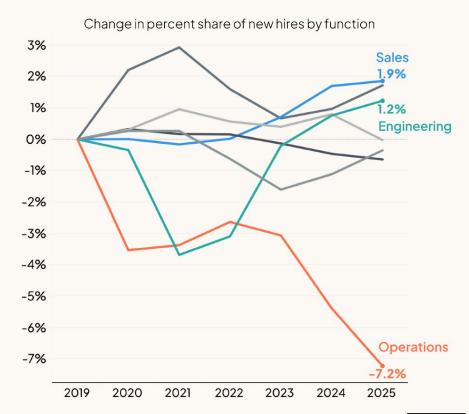
Average headcount on day of Series A fundraise by industry | All data from first half of each year



### Operations has lost ground to other functions in share of new hires

Share of new hires in select startup functions & change in percent share of each function vs 2019 | Jan 2019 - June 2025

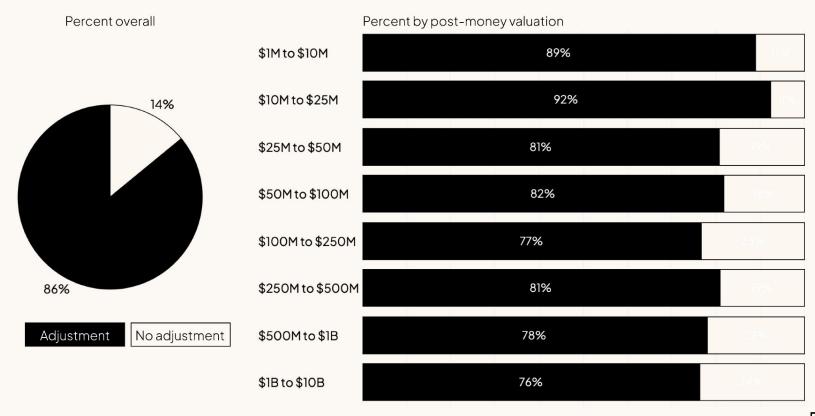




### Geographical trends

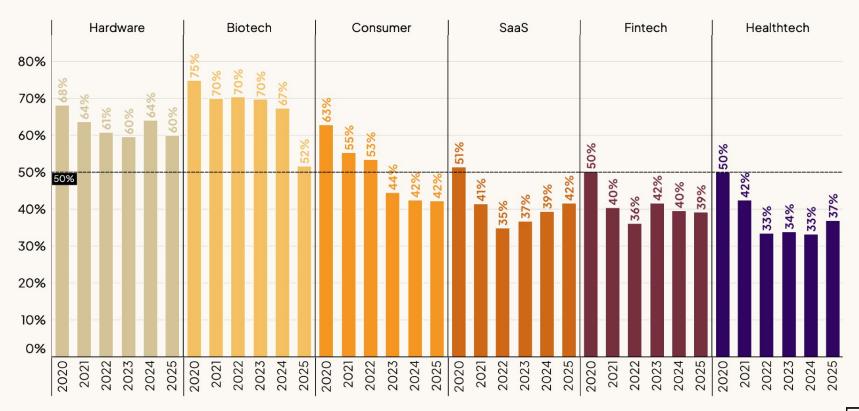
### Startups of all sizes typically adjust compensation by location

Percent of startups that adjust employee compensation based on location | Data as of June 30, 2025



### In-state hiring is more common in hardware and biotech even today

Percent of new hires made in the same state as company HQ by year and industry | 2020-H12025



### Only three startup metros pay top rate for talent: SF, NY, and San Jose

Salary by Metropolitan Statistical Area (MSA) as a percentage of current San Francisco salaries | % difference from 2024

Region	MSA	Percent of SF salary rate	%∆
Midwest	Cleveland, OH	90%	3%
	Minneapolis, MN	89%	1%
	Chicago, IL	87%	-1%
	St. Louis, MO	87%	2%
	Columbus, OH	83%	1%
	Detroit, MI	81%	-2%
	Ann Arbor, MI	82%	2%
	Kansas City, MO	78%	-4%
	Cincinnati, OH	78%	3%
	Indianapolis, IN	78%	3%
	Omaha, NE	78%	3%
	San Francisco, CA	100%	0%
	San Jose, CA	100%	0%
	Seattle, WA	95%	-2%
	Santa Cruz, CA	95%	5%
	Boulder, CO	92%	1%
	Los Angeles, CA	91%	0%
	Sacramento, CA	92%	2%
147	Portland, OR	89%	-3%
	San Diego, CA	91%	1%
West	Denver, CO	88%	-2%
	Oxnard, CA	88%	-2%
	Santa Barbara, CA	85%	0%
	Las Vegas, NV	80%	-5%
	San Bernardino, CA	85%	5%
	Provo-Orem, UT	83%	2%
	Salt Lake City, UT	83%	3%
	Phoenix, AZ	78%	-4%
	Tucson, AZ	77%	0%

Region	MSA	Percent of SF salary rate	%∆
Northeast	New York City, NY	100%	0%
	Bridgeport, CT	93%	-2%
	Boston, MA	90%	-2%
	Philadelphia, PA	87%	-3%
	Pittsburgh, PA	87%	2%
	Providence, RI	85%	2%
	Worcester, MA	80%	0%
	Burlington, VT	75%	-5%
	Washington, DC	93%	0%
	Durham, NC	91%	1%
	Baltimore, MD	90%	0%
	Raleigh, NC	90%	0%
	Austin, TX	87%	-2%
	Miami, FL	88%	0%
	Richmond, VA	87%	2%
	Orlando, FL	85%	0%
South	Atlanta, GA	82%	-4%
	Tampa, FL	83%	-2%
	Dallas, TX	80%	-5%
	Houston, TX	80%	-4%
	Charlotte, NC	79%	-4%
	Charleston, SC	80%	2%
	Jacksonville, FL	80%	5%
	Nashville, TN	75%	-5%
	San Antonio, TX	72%	-4%

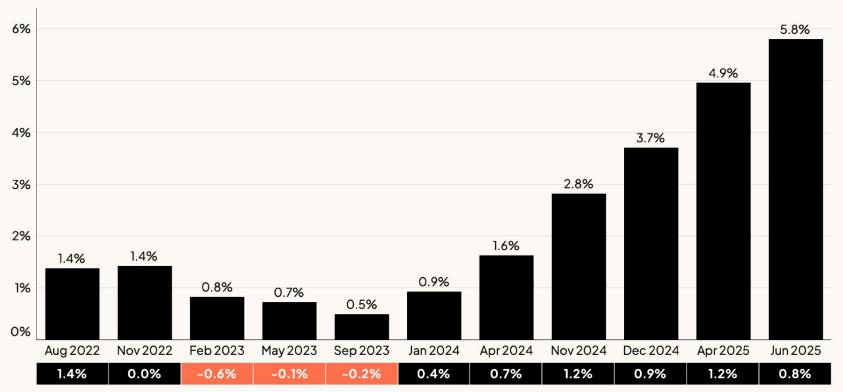


# Salary & equity



### Average startup salaries have seen consistent growth since Jan 2024

Change in average startup salaries relative to April 2022 | Bottom bar shows change vs previous period

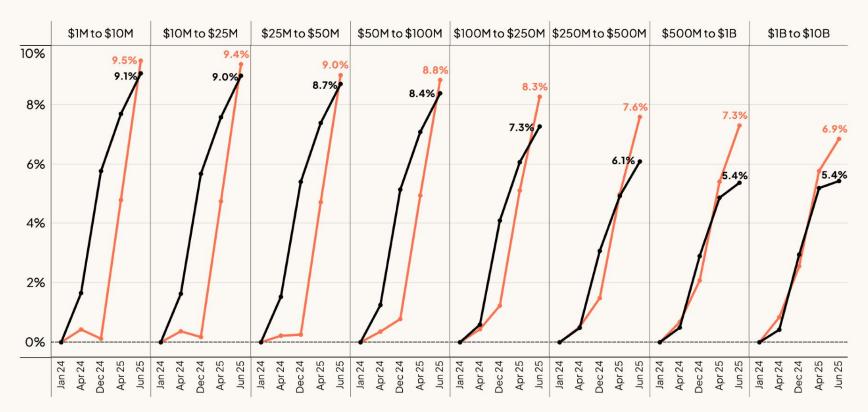


Note: Data above from the following job functions - Customer Success, Data, Design, Engineering, HR/Recruiting, Marketing, Operations, Product, Sales, Support © 2025 eShares, Inc. dba Carta, Inc. ("Carta"). All rights reserved.



### Al engineering salaries have risen impressively in 2025

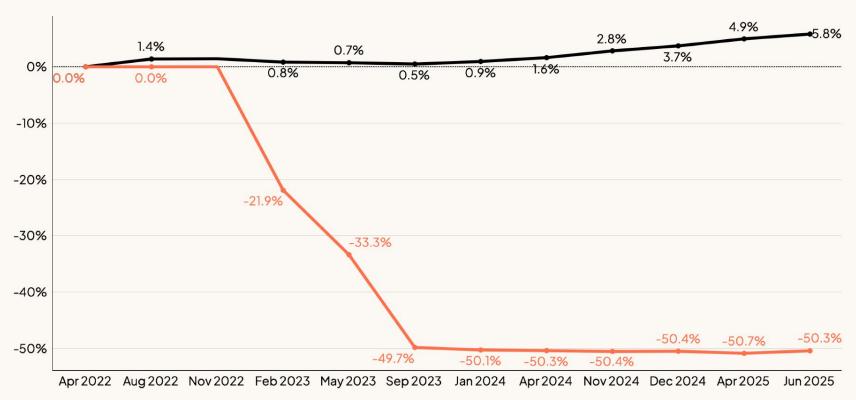
Change in 50th percentile salaries and 90th percentile salaries for AI/ML engineers relative to January 2024





### The average initial equity grant is 50% smaller today than in late 2022

Change in average startup **salaries** and **equity packages** relative to April 2022

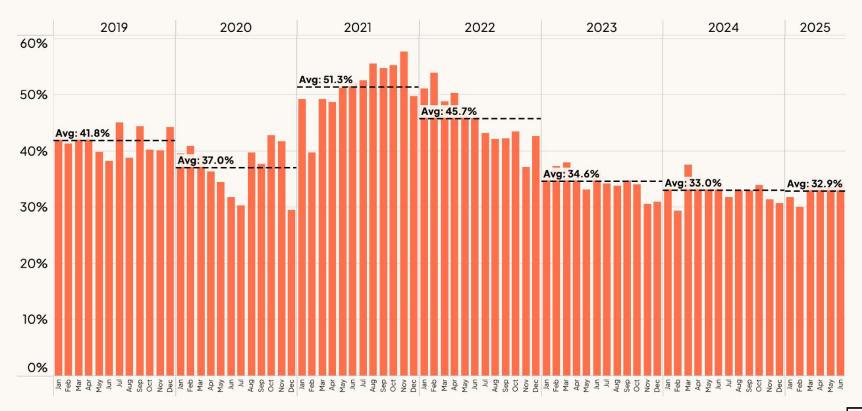






### About 70% of option grants are not exercised by exiting employees

The percent of in-the-money option grants exercised before expiration by month



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