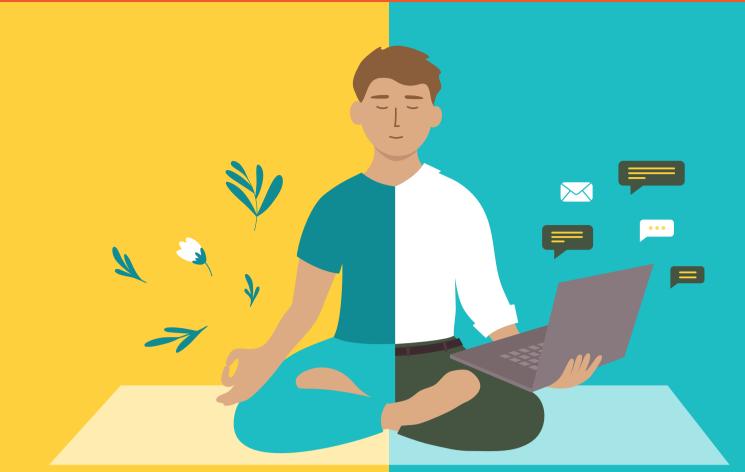
IN WHATEVER I DO, I WANT TO MAKE A POSITIVE IMPACT ON THE WORLD.



core values

Accountability: control what I can control influence with patience what I cannot. Self awareness + reflection.

The "nesses" - kindness, helpfulness, thankfulness (gratitude), and happiness (optimism)

Curiosity/Empathy: shared understanding **Growth:** neuroplasticity/adaptability/openness to be better and change. Be a continuous learner and sponge for info.



I recently skied **70,000 vertical** feet over a 24 hour period for charity

I went to 16 different schools from K through 12

BALANCE

patience collaboration kindness



ambition candor tenacity







family

Wife - (Mai-Lis): Runs a successful branding & graphic design firm (Brandparents) on top of being a great wife & mother - aka - she's amazing!

Kids - Twin boys (Camden and Jax): 7 years old These little but getting bigger dudes teach me so much and I love every moment I get to spend with them.

Dog: Boston terrier Cocoa. She's crazy, hilarious and a great snuggler.







hobbies

skiing, snowboarding, golf, soccer, SUP, biking, fishing, hiking, camping, life-hacking, travel, home automation, food lover, graphic t-shirt hoarder, BBQ (smoking), psychology, leadership, gadgets, health data nerd - maybe just nerd of all things...

cadences in my day that keep me happy & balanced

Workout / be active every morning

Meditate (Daily Calm) - right now, I am really loving the Daily Jay

Food that gives me energy (smoothie)

WORKING with **PEOPLE**

Lunchtime walk with wife & dog

Reflection: End work knowing what is most important to tackle the next day

Family Dinner

Reading time with kids

Daily reflection journal: something that made me smile, something that i learned, someone I am thankful for, something I want to explore more, a challenge...

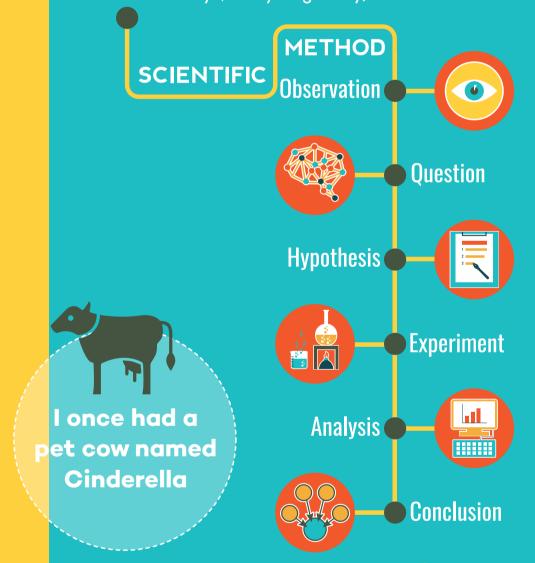


other cadences that keep me balanced

Having one thing scheduled to look forward to Spending time with friends and family

Walks in nature

I use the scientific method in how I approach life... (teach, coach + learn always, every single day)



life goals



Write a book Do a TED Talk Start a charity for impoverished youth

community impact

served as an elected member of our town's school committee for 3 years, chair of little league, and soccer coach, chaired several different ERG committees focused on diversity and inclusion + mentoring young professionals

what others say...

Empowered is what I would use to describe how I felt under Tom's leadership.

efforts to build culture in the teams and organizations he has been a part of. He has always taken the time to work with and put people at the center of his decisions.

Tom has always taken extra

As a leader of high performing and internationally distributed teams, Tom brings matchless energy, drive and dedication to his work.

next generation of senior leaders.

I was directly and indirectly managed by Thomas for over 4 years and can sincerely say that his influence on my career was monumental.

Tom is a terrific strategic, operations, and cultural leader, delivering impressive results for the organizations he is a part of. In addition to driving strong operating results, Tom is strategic thinker who plans for the future and works to develop the