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TOMtria

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

16

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)

SCIENTIFIC

METHOD

Observation



Question



Hypothesis



Experiment



Analysis



Conclusion



I once had a pet cow named Cinderella



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.

Tom has always taken extra 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.

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

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 next generation of senior leaders.

Read more at: www.linkedin.com/in/thomastria/