



## Professional Highlights

After completing my under graduate work in electrical engineering, I began my professional career as an officer in the Navy's nuclear power program. I served proudly for five years as the Electrical Division officer on the USS California (CGN-36), where I learned to run power plants and, more important, how to develop and lead teams of talented young men.

Immediately following my service, I consulted to nuclear utility companies and attended Northwestern's Kellogg Graduate School of Management in the evenings, obtaining my Masters in Management in 1994.



Upon graduation, I joined A.T. Kearney as a management consultant. My early years were spent as a generalist, learning how to solve problems of all varieties – from formulating business strategy, to reengineering processes, to cost reduction – in a wide range of industries. More by chance than plan, I developed a focus in Procurement operations and, more specifically, Strategic Sourcing, where I helped many leading companies reduce and manage their expenditures to create a competitive advantage.

After nine tremendously rewarding years at A.T. Kearney, I left to join a startup, Archstone Consulting, as it launched in 2003 (the beginning of my mid-life crisis!). Within two years, Archstone had grown to \$40 million in sales and 200 consultants. As it grew, so did my mid-life crisis, and in 2005 I gathered up the courage to start my own business, Quo Vadis Training & Consulting.



My mission and experiences at Quo Vadis are documented throughout my website. Working for myself has not been without its challenges and frustrations, but my belief in the importance of the skills I help my clients develop has only increased with time. I believe my passion for my content is the most valuable thing I can give my clients.

# Personal

My hobbies and passions include...

Reading

Crossword puzzles

The Boston Red Sox

Preparing dinner for family and friends on Saturday night

Working out (a must after Saturday's dinner)

Golf

A few of my beliefs...

The power of the mind - there's little we can't achieve once  
we set our minds to it

The connection between physical and mental health

Admitting to and learning from our mistakes

Helping others – without any strings attached

Being genuine

Remembering to have some fun along the way!!

Among my many blessings...

A wealth of loyal, fun-loving friends

A tremendously supportive family

