

PART SHRINK | PART PERFORMANCE CONSULTANT | PART JEDI OF THE UNCONSCIOUS

I'm a psychologist by training, a certified executive coach by practice, and the Senior Director of Performance Psychology at Exos. I also moonlight as a writer and speaker. My integrated approach is big on science, low on bullshit.

In addition to my private therapy practice in Boston, MA, I collaborate with CEOs, executives, professional athletes, coaches, and teams with moonshot dreams on the psychological game of greatness.



DISCUSSION TOPICS / IDEAS

- General Psychology / Wellness
- Optimal Performance
- Functional Medicine
- Neurobiology / Epigenetics
- Overcoming Self-Sabotage
- How Food, Medicine, & Mood are Connected
- Mindfulness
- Grief & Loss
- Organizational & Executive Consulting



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