



Tina Tuszynski

She / Her

I'm Committed To

Being Authentic and Inspiring others to live their best lives!

What Holds Me Back

from Being at My Best

1. When I imagine things in my head and overthink too much
2. When trying to be perfect becomes the enemy of progress
3. When I'm unclear of the goal or outcome

I Work Best When

1. I feel valued as a worthy contributor and part of a team
2. I'm allowed to be creative
3. I'm in a non-judgmental space

My Favorite Quote

"Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can"

- Dalai Lama XIV

5 Words To Describe Me

Positive, energetic, caring, passionate, curious

Do's And Don'ts

for Communicating with Me

1. Say what you mean and mean what you say
2. Don't talk behind my back
3. Let's work together to synergistically discover solutions; as together we can accomplish so much more
4. Be open to new thoughts and ideas

My Ideal Day Involves

Sunshine, a sweaty workout outdoors, hot yoga, laughing and cooking with my husband, music, writing, and being creative. And maybe some shopping!

What Makes Me Smile

My cute cats and pretty much all animals. My husband, my son, and my friends. Cooking a great meal and throwing a party. Farmer's Markets and Good Food and Wine. A good book, a great comedian, thought provoking movies, and music