



Anthony Panos Principal

Anthony Panos specializes in executive and team coaching and training. Tony teaches, consults, and facilitates group meetings to improve organizational culture and streamline operations. A sample of Tony's training expertise includes:

- Managing Up
- Transition from Technical Expert to Manager
- Abundance Leadership
- Mission-Driven Interviewing

He has worked in both U.S. and international companies such as Foster Wheeler UK, Intra, PRNewswire, and other multinational organizations as both instructor and coach. Tony also works with several education institutions including Penn State, Weill Cornell Medical College, and Yale University. Tony helps transform these institutions through his teaching and coaching. Tony has coached 100s of physicians, corporate managers, and executives.

Tony brings a wealth of business management and training experience to his workshops, facilitation, and coaching. He spent over 10 years at Burger King Corporation in multiple positions including Director of Training for New England and Franchise District Manager, responsible for the franchise operations for the State of New Jersey. In all of these positions he had direct operational and bottom line responsibility.

Tony left Burger King to design and run training programs in England and Europe for Synergetics. Most recently, Tony served as the Statewide Director of Management Programs in the Extension Division of the School of Industrial and Labor Relations at Cornell University. In this role, he directed and taught in the Management Program, which served over 10,000 staff and executives each year from over 1,000 organizations. The Management Program had six programmatic areas:

- Management Development
- Human Resources
- Labor Relations
- Equal Employment Opportunity Studies
- Legal Programs
- Diversity

Tony's management consulting, hands-on experience, and strong training background have helped hundreds of clients create more effective and profitable organizations. He holds an MBA and BS from Adelphi University. Tony, who is fluent in Greek, enjoys off-road biking and skiing.

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