



OUR TEAM

Tammy Astarita is an Operations Manager at OPG.

Tammy Astarita was born and raised in Jackson Township, Ohio. After graduating magna cum laude from Kent State University for Middle Childhood Education and majoring in Math and Science, Tammy taught for 3 years as a 4th grade teacher with a focus on project-based learning, team building, and promoting creativity.



Following her career as a teacher, Tammy moved to Connecticut where she found herself in a management position at Planet Fitness. Training staff, managing billing, and assisting members with their fitness goals was part of her day to day life. She then became a nationally certified personal trainer to better assist her clients and Planet Fitness members.

Here at Organizational Performance Group, Tammy maintains several of her colleagues' calendars – including one of the Partners', Anthony Panos. Another large responsibility of hers includes ensuring that OPG's consulting staff is fully prepared for all client events, coaching sessions, and immersion programs such as Abundance Leadership and Mastering Group Facilitation.

Tammy spends most of her time working out, traveling, and spending time with friends and family.

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