

Executive Profile

Project & Technology Leader | AI Strategist | Human Optimization Architect

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EXECUTIVE SUMMARY

Technology and project leader with 20+ years in IT and 8+ years in project/program delivery. Combines enterprise execution, digital transformation, artificial intelligence, entrepreneurship and human performance. Known for translating complex problems into practical operating models, aligning cross-functional stakeholders, and moving initiatives from strategy to execution.

LEADERSHIP & EXPERIENCE

Senior IT Project Manager — Frontier Airlines

Enterprise technology delivery, PMO execution, cross-functional coordination, risk/issue management, Agile and hybrid delivery.

Founder — Tekonsult LLC

Technology and project consulting focused on modernization, automation, Microsoft 365, cloud and practical digital transformation.

Founder — HumanOSx

Human optimization platform combining coaching, education, performance systems and longevity-oriented lifestyle strategy.

PMI Puerto Rico — VP Operations

Volunteer leadership supporting chapter operations, execution and professional community initiatives.

CORE STRENGTHS

- Project & Program Leadership
- PMO / Governance / CRAID
- Agile, Scrum & Hybrid Delivery
- Digital Transformation & Automation
- AI Adoption & Executive Workflows
- Cloud & Microsoft 365 Ecosystems
- Stakeholder Alignment & Executive Communication
- Human Performance & Behavior Change

CREDENTIALS

- PMP
- PMI-ACP
- Professional Scrum Master I (PSM I)
- Disciplined Agile Scrum Master (DASM)
- PMI-CPMAI
- ITIL 4 Foundation
- AWS Certified Cloud Practitioner
- Microsoft Azure Fundamentals
- Certified Health & Nutrition Coach
- NLP Coach / Practitioner

FOCUS AREAS

- Enterprise project delivery
- Technology strategy & modernization
- Artificial intelligence implementation
- Executive productivity systems
- Operational improvement
- Human optimization & longevity education
- Speaking, workshops & advisory

BRANDS & PLATFORMS

HumanOSx

Human optimization & longevity

Tekonsult

Technology & project consulting

Biohacker Boricua

Spanish-language health education