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Professional Profile: Lou Kathrakis 2015

May 14, 2015 - Connecticut

Name: Lou Kathrakis

Title: Associate

Company: EAC Commercial

Location: Fairfield, CT

Birthplace and Year: Norwalk, CT 1981

Your favorite quote or words to live by: "Our prime purpose in this life is to help others: -Dalai Lama

What 5 words would you use to describe how you got to where you are now: Competitiveness, preparation, ethics, education, motivation.

First job outside of the industry you are in now: My first job was correcting exams for my uncle who was a business professor when I was about 10 years old.

First job in the commercial industry: I started off managing commercial construction projects.

What do you do now and what are you planning for the future: EAC Commercial with a specialization in retail. My ultimate goal is to develop my own commercial projects.

How do you unwind from a busy day at work: I usually go for a run.

Do you own a pet (If so, what kind and what is its name?): No

What object can you not live without: Like most people today: a smart phone.

Favorite movie or show: The Shawshank Redemption

Favorite song and artist: Frank Sinatra NY, NY.

If you knew then what you know now, what would you tell yourself: Enjoy the ride.

One word to describe your work environment: Organized

Rules to live by in business: Vision without action is a daydream. Action without vision is a nightmare. Both are required at a minimum to be success in business.

If you could invite one person to dinner (living or dead) who would it be and where would you go: Steve Jobs, His choice.

What is your dream job: Movie Actor

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