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## **2024 Ones to Watch - Industry Leaders: John Quintal, Rockland Trust Bank**

November 29, 2024 - Spotlights



John Quintal  
SVP, Commercial Banking Center

Rockland Trust Bank

Three skills that you use every day in your position:

Collaboration, relationship building, and motivating or empowering others.

Best book, podcast, or app for aspiring leaders:

“Harvard Business Review (HBR) IdeaCast” podcast.

Best advice for new leaders in 10 words or less:

Don't ask for responsibility, take responsibility.

What recent project, transaction or accomplishment are you most proud of?

I started my professional journey modestly. I took a clerical job in banking at the age of 26 after working a number of minimum wage jobs to fund my college education. Fortunately, I was blessed with great mentors, and within ten years, I was formally credit trained. This led to opportunities in London and Hong Kong, where I eventually met my wife, Jean. We've now been happily married for 22 years.

What makes this nominee an Industry Leader?

“John is the consummate CRE professional and has the ability to structure creative credit solutions for clients whether they are institutional or entrepreneurial in nature. His experience in this market, in my opinion, makes him an industry leader who is respected by colleagues in the banking and commercial real estate industries.” - Richard Muraida, SVP, regional executive, commercial banking, Rockland Trust Bank.

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