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AI Workflow Design & Business Operations

Summary

Founder and former CEO with experience running an investment business, advising a community foundation, and managing daily service operations. Has worked with automation since 2018 and uses AI for research, data review, and workplace reference. Develops reusable agent tools and evaluation procedures while owning requirements, decisions, and review of AI-assisted work.

Selected AI Experience & Projects

Aaron's Autonomous Alpha (AAA, Active Development) • Hamden, CT

Creator & User | Jun 2026 – Present

- Designed a cloud-based, model-agnostic, multi-asset trading system for fully autonomous operation and continuous strategy and software improvement. Current development is PAPER/testnet-focused; live trading is disabled.
- Defined requirements and acceptance criteria; coordinated AI-assisted development and review across multiple assistants. Authored agent skills and an AAA research plugin; designed the Toolset Reference Library (TRL) to document tool–task fit, access limits, evidence, and fallbacks.
- Specified agent roles and tool permissions, separating research recommendations from authority to execute trades or approve releases.
- Defined evaluation criteria for missing, stale, and conflicting evidence; distinguished implemented source, executed tests, and observed behavior, with results tied to the system version.
- Created Anti-Zeno's Paradox (AZP), a bounded-experiment protocol separating essential data-quality, risk, and accounting safeguards from refinements that should wait for results.

Iron Protocol • Hamden, CT

Creator & User | Apr 2024 – Present

- Created a custom LLM-based coaching workflow for individualized workout and nutrition planning, with live workout guidance and logging based on user-reported activity; used it personally for approximately two years and shared it free with younger and older fitness beginners.
- Designed portable logs separating prescribed workouts from reported completion; refined instructions through user feedback and defined regression criteria for history matching, missing information, and record changes.

SyncHub • Hamden, CT

Creator & User | May 2025 – Present

- Designed a file-sync system with AI assistance; personally use it to automatically synchronize Google Drive, OneDrive, and iCloud for redundancy.
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Professional Experience

Fairfield County's Community Foundation • Norwalk, CT

Consultant, Civic Organizations Landscape Analysis | Dec 2025 – Apr 2026

- Directed AI-assisted consolidation and enrichment of civic-organization data from IRS, Candid, and state sources; developed a master dataset with source-tracking and record-matching fields.
- Defined classification and inclusion rules for incomplete records, preserving distinctions between sourced information and inferred labels.
- Reviewed AI-generated outputs, challenged unsupported classifications and questionable identifier matches, and requested corrections and source verification.

Encore Fellow (Volunteer) | Sep – Dec 2025

- Led an AI-assisted civic-initiative feasibility study with foundation leadership and the U.S. Chamber of Connection founder; developed governance, funding, implementation, and measurement recommendations.

Quantum Digital Assets • Stamford, CT

Founder & CEO | May 2018 – Aug 2023

- Founded and ran a boutique investment firm that reached approximately \$20 million in assets under management; led strategy, capital raising, reporting, and day-to-day operations.
- Used automation in investment operations from 2018, as the team began incorporating AI and natural language processing into its algorithms.
- Built Quantum Horizon, an interactive dashboard for investor reporting, comparing QDA performance with benchmarks and presenting risk measures and financial definitions.

Planet Fitness (Ignite Fitness Holdings) • Hamden, CT

Assistant Manager (final role) | Employment: Dec 2025 – Jun 2026

- Built and personally used PF AI in NotebookLM to consult club training and operating materials through source-grounded answers with checkable citations.
- Promoted from Front Desk Associate to Team Lead to Assistant Manager; was asked to take on the Manager role.
- Trained and coached front-desk and cleaning staff on service standards; handled member concerns and escalated complex billing or policy issues. Explored fitness as a career path before identifying AI systems operations as my strongest way to help people.

Volunteer Experience

North Haven Fire Department • North Haven, CT

Volunteer Firefighter | Jun 2017 – Jan 2019

- Supported emergency response, fire suppression, rescue operations, and incident communication with West Ridge Company 3.

Benchmark Senior Living • Hamden, CT

Lead Volunteer | Jun 2012 – Jul 2014

- Supported resident activities and staff during events and daily routines; provided companionship for older adults.
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Education

University of Connecticut • School of Business • Storrs, CT

- *Business Administration coursework* | 2014 – 2018

University of Connecticut • School of Public Policy • Hartford, CT

- *Encore Connecticut Nonprofit Leadership Program* | 2025 – 2026
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Certifications & Continuing Education

Johns Hopkins Whiting School of Engineering

- *Applied Generative AI* | 2025

International Sports Sciences Association

- *Certified Personal Trainer* | 2025
- *Adult and Pediatric CPR/AED* | 2025

New Haven Fire Academy

- *Firefighter I* | 2017
- *Hazardous Materials Technician Certification* | 2017

U.S. Department of Labor

- *Occupational Safety and Health Administration 10* | 2016
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Technical Skills

AI capabilities: LLM workflow design; multi-assistant coordination; AI-assisted research and development; reusable agent skills; evaluation and evidence review.

Development coordination: version control, cloud services, databases and persistent context.

Productivity: Microsoft Office, Google Suite/Workspace, Canva