**Ann-Marie Stephens**

CEO at Precise Portions

Richmond, Virginia Area

[Connect](#)[InMail](#)[More...](#)**Precise Portions****University of Pennsylvania -
The Wharton School****See contact info**

500+ connections

I'm Ann Marie, a leading consultant in Wellness and Health. I position companies to accelerate their business models in an efficient and financially practical strategy and plan. More importantly I enable them to implement that plan with realistic milestones and projections. Over the years, I have helped ...

[Show more](#) **Experience****CEO****Precise Portions**

Jan 2010 – Present · 8 yrs 8 mos

Richmond, Virginia Area

We all know that what you eat and your lifestyle play important roles in your overall wellness. What you may not know is how these factors affect your mental and physical health and what you can do to improve.

As Chemical Engineers, we hire registered dietitians, certified diabetes educators and others to help us implement the best science while implementing these healthy changes and personalize them to your life. Thorough evaluation of current nutritional intake, health history review, goal-setting, recipes, health resources, and progress checks will be included in you... [See more](#)

**CEO/Co-Founder****Type Free LLC**

2006 – Present · 12 yrs

Richmond, VA

As the CEO and Founder of TypeFree LLC, I provide strategic direction and operation of www.TypeFreeDiabetes.com, a diabetes lifestyle e-commerce store. The site provides a full range of diabetic supplies to prevent and manage all stages of diabetes complications. Educational content is also provided for persons with diabetes and their care-giver... [See more](#)

**Finalist**

MassChallenge

2016 – 2016 · less than a year

**Managing Partner**

Lighthouse Strategies, LLC

2004 – 2008 · 4 yrs

As a "strategic" manager I believe that it is essential to integrate the strategic and tactical elements of marketing and that this is the only way to maximize revenue and profits while minimizing expenses and the time to close.

... See more

**SVP of Administration and Store Innovation**

Circuit City

Sep 1999 – Feb 2004 · 4 yrs 6 mos

- Senior Vice President: Store Innovation and Business Development (2000-2004)
- Vice President: Strategic Planning (1999-2000)

✓ Transformed the look, feel, corporate operations and consumer experience of c... See more

[Show 2 more experiences](#) ▾**Education****University of Pennsylvania - The Wharton School**

MBA, Entrepreneurial Business

1994 – 1996

**City University of New York**

BS CHe, Chemical Engineering

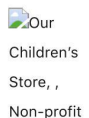
1976 – 1981

Volunteer Experience**Associate**

Central VA American Diabetes Association

2009 – 2011 · 2 yrs

Covering health fairs and fund-raising walks

**Volunteer Board Member**

Our Children's Store, , Non-profit

1997 – 2000 · 3 yrs

Health

Frito-Lay sponsored gift shop

**Volunteer**

Volunteered with Cincinnati United Way/Community Chest

1983 – 1992 · 9 yrs

✓ Allocations committee; Evaluations Committee: Health Care Committee.

✓ Chair of the Cancer Family Care; appointed position.

8/10/2018

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chest

✓ Ongoing liason between the Chest and agencies to ensure that guidelines were being adhered to, and community needs being addressed.

Skills & Endorsements

Cross-functional Team Leadership · 34

☐ Endorsed by Clyde Roberson, who is highly skilled at this

☐ Endorsed by 9 of Ann-Marie's colleagues at Circuit City

Strategy · 28

☐ Endorsed by John Froman and 4 others who are highly skilled at this

☐ Endorsed by 6 of Ann-Marie's colleagues at Circuit City

Management · 28

☐ Endorsed by 8 of Ann-Marie's colleagues at Circuit City

☐ Endorsed by 6 people who know Management

[Show more](#) ✓

