



SUMMARY: I have run both large, and small, companies. I have bought companies and started two from scratch. Some times I have worked with thousands of people, and at other times alone. I have experienced both success and failure. I think for myself, live life on my own terms, and have a passion to help people find the capacities that lie within them and live lives of meaning.

2004 – 2017

- Current Focus: Teaching, Mentoring, and Consulting
- Author: *Discover The Entrepreneur Within – A Step-By-Step Guide to Getting It Done*
- Founded Thoughtful Simplicity (formerly Syal Consult) in 2004. Work with companies to deliver exceptional results through exceptional execution by helping them develop a clear vision, priorities, accountabilities, and a team-oriented culture.
- Faculty member at Northwestern University, Evanston, IL since 2006, teaching two highly rated, award winning, undergraduate classes:
 - Leadership, Ethics, and You
 - Principles of Entrepreneurship
- Adjunct Faculty, Loyola Business School, Chicago, IL 2004-2005
- Popular guest speaker in various forums

1993 - 2005

- CEO of Rhymer Seafood in 2005, a leading importer of shrimps.
- Started Filterfresh Company of Chicago in 1996 with a partner. Built it into one of the best performing companies in the system. Sold the company to a public Canadian company in 2003.
- 1993-1996 Worked with private equity companies.
 - CEO of Stella Cheese, a large cheese company owned by an LBO group.
 - Worked with AEA investors evaluating consumer product opportunities.

1973 - 1992

- For 19 years worked for The Quaker Oats Company holding several positions.
- President of the \$2 billion Quaker Breakfast Foods group (whose brands included Quaker Oats, Cap'n Crunch, Aunt Jemima).
- In 1986, bought a privately held company for Quaker Oats called Golden Grain. Was CEO of this company (which then owned Rice-A-Roni and Ghirardelli) and had sales of \$300 million.
- Prior to that, helped re-focus Quaker Oats as V.P of Corporate Planning & Strategy.
- Significant experience in International and Domestic finance.

Other

Verinder is the Past Chairman of WPO, Chicago, a worldwide business organization, where he developed award winning educational programs. He has served on several boards. He has an MBA from the University of Michigan and an Engineering degree from MACT, India. A US citizen, married for 38 years, with 2 children.