

The Sujan Family

2024 UPDATE

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Overview

We are kicking off our first public annual update in a LONG time. We have our year starting in May since our wedding anniversary is May 10, 2008. This year, we celebrate 16 years of our marriage, which is the foundation of our lives and family.

We have stabilized! In 2021 Sujan invented a new saying “Life is difficult, and then you die. Embrace the difficult.” so that’s been our theme for the last few years. We made internal family goals, but to be honest didn’t feel like publicly sharing all the challenges. Thank you to those of you who have helped us through these rough patches!

Now in 2024 - WE HAVE STABILIZED! This is our first public annual update since 2020.

The Sujan’s becoming a family of 5 was jarring and now it’s FUN! It’s still expensive and a LOT of work, but now it’s not just a lot of hard work, we are having a blast! Amy’s motto is that “adversity builds character” and this is definitely what has happened the last few years.

Professional Lives: Sujan



STREAMLINED AND DELEGATED WORK TO SPEND MORE TIME ON FUN AND FAMILY

CHALLANGING TIMES AT MY COMPANY. LAYOFFS, CHANGING STRATEGIES

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Professional Lives: Amy

2022

Made the difficult decision to leave big companies temporarily. I targeted start-ups to intentionally fill gaps I had in my experience (which I discovered from a career skills-gap-assessment I conducted).

ThermoFisher SCIENTIFIC

2022

2023

START-UPS - FILLED THE FOLLOWING SKILL GAPS:

- Launched 3 customer-facing AI/ML products
- Implemented new product analytics and OKR process for Product-Led Growth (PLG)
- Served as Head of Product & led the transformation of an entire business model
- Directly managed a data science team; Created an advanced analytics roadmap
- Launched a 2-sided marketplace
- Evolved a business offering from fragmented applications to a SaaS platform-based offering

artemis By Nomi Health

UpMetrics

2024

Back at a big company!
In April 2024 I started as Senior Director of Product at Cencora. As a Fortune 11 company, Cencora is a leading global pharmaceutical solutions organization centered on improving the lives of people and animals around the world.

cencora

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Personal Lives: Family



DENVER, COLORADO

- We spent June - mid-November 2023 in Denver - it was beautiful, but we liked Austin better and came back early

AU PAIR HELPING WITH CHILDCARE

- In January 2023 we started using the Au Pair program, this is someone in their early-20s from overseas on a J1 Visa working as a child care taker in the U.S.
- They live in our home and help us with the kids, this has been GAME-CHANGING as they have a big stake in the kids' lives and show a lot of love everyday

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Personal lives: Sujan





- Entering 40s in the best shape of my life! I lost 25 lbs and have six pack abs
- Learned to Wing Foil and spend 2-3x a week in the water (lake or beach) regardless of temperature
- Bought yet another Porsche 911
- Love driving the twins to school

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2021 - 2023
Gained 15 lbs from being lazy



DEC 30, 2023
Stage 2 tear of MCL (Medial Collateral Ligament) - kids took great care of me!





2023
Re-joined HiPower, a tribe of women leaders laser-focused on accelerating one another's success

2024
Unplugged cruise vacation with Annie Wood without kids



2024
Lost 13 pounds (intermittent fasting, 6x/wk HIIT workout, low calorie/high protein diet, walks)

Personal Lives: Amy

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Personal Lives: Mav

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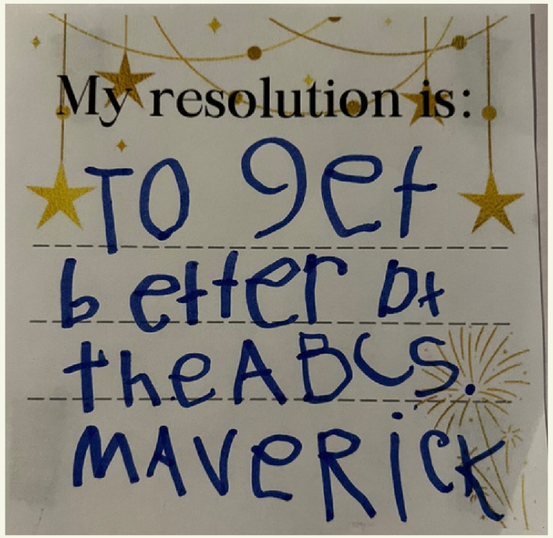


KINDERGARTEN

GET BETTER AT ABC'S

LOVES:
Pokemon, siblings, swimming, unicorns, reading chapter books

- Mav loves Kindergarten
- As the youngest person in the grade, he's killing it academically!



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Personal Lives: Jax

- Jax has really come out of his shell! His smiley, laughing and coy personality is shining!
- He's independent & is always running (not walking)

DANCER

MATCHING CLOTHES

LOVES:
playgrounds, veggie burgers, super heroes, motorcycles & race cars





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Personal Lives: Kira



SINGER

SUPER CARING

LOVES:
unicorns, stuffed animals, reading, dresses, trying new things, coloring

- Kira loves lyrics & singing - Flowers (Miley Cyrus) & nursery rhymes are her jam
- She likes to be challenged with puzzles & homework



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Goals

	2024 Goals (May '24 - April '25)
Family	• 6x annual kids' cousin time • 4x annual trips • Parents volunteer 3x each at Baldwin Elementary School • Amy & Sujan Together: ◦ 4x vacation / year + 1 date night / week + 1 health activity / week
Sujan	• 1000+ active energy per day in all of 2024 (according to Apple Watch) • Stay Active & In Shape (~135lbs and hobbies & exercise daily) • Find a winning strategy for Mailshake • Find a way to grow Mailshake & Zoomshift • Hobbies 5x week

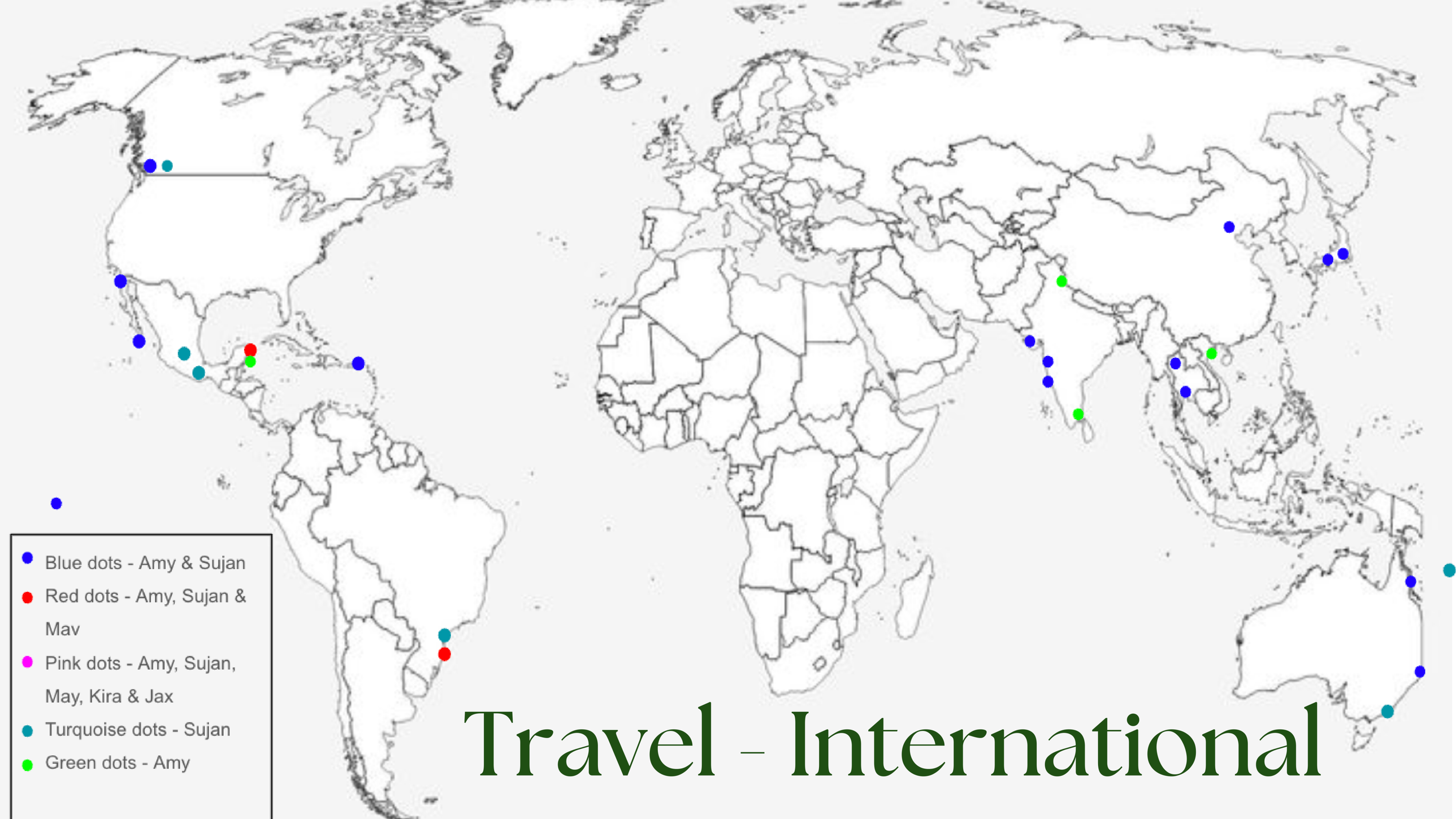
	2024 Goals (May '24 - April '25)
Sujan, cont.	• Learn guitar • Snowboard & surf on the same day • Restart motorcycle track days • Spend 1-1 time w/ each kid weekly
Amy	• <u>Professional</u> ◦ Success at new company, Cencora ◦ Be actively engaged in HiPower ◦ STEM mentor girls/non-binary youth • <u>Health</u> ◦ Maintain new weight ◦ Loose 1.5 inches off of waist ◦ HIIT workout 5x/week ◦ Intermittent fasting 5x/week ◦ Read a FICTION book (NOT science, software, business, or audiobook)

Goals

	2023 Accomplihsments	2024 Goals (May ‘24 - April ‘25)
Maverick	• Started Kindergarten at a HUGE elementary school in Denver, then transitioned to a private kinder in Austin	• Learn how to swim confidently • Learn how to read & write in 1st grade • Learn what a science fair is and complete a formal science project • See a scientific lab in real life • Visit a graveyard • Make new friends at new Elementary School • Read all the Magic Treehouse chapter books I got for graduation
Jax & Kira	• Kira - first haircut • Kira - got her ears pierced • Jax - got less shy	• Have an awesome 4th birthday party • Do a good job in Public school in Pre-kindergarten • Find a hobby / interest



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Travel - International

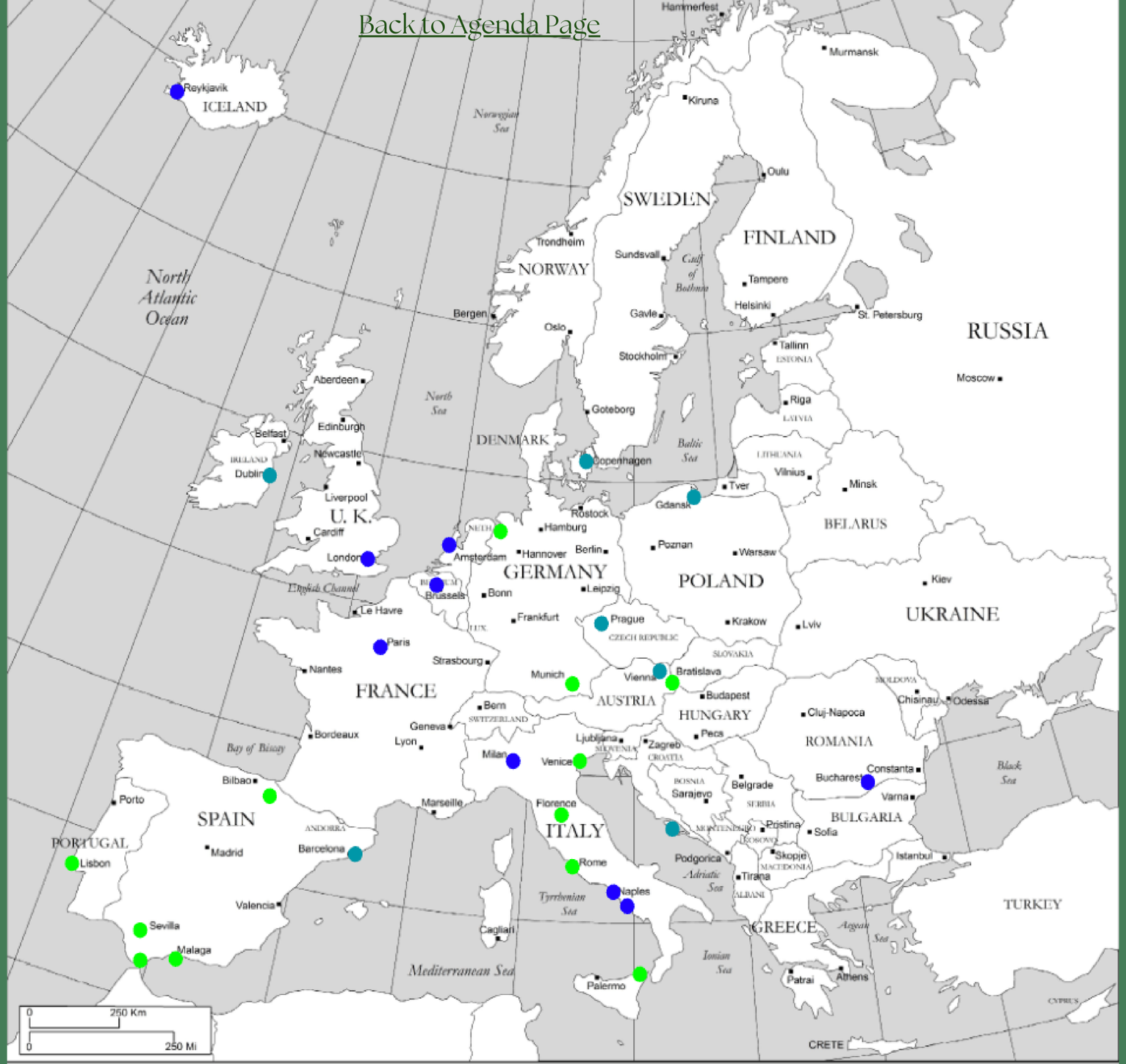
Travel - Domestic



Travel - Europe

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- Blue dots - Amy & Sujan
- Red dots - Amy, Sujan & Mav
- Pink dots - Amy, Sujan, May, Kira & Jax
- Turquoise dots - Sujan
- Green dots - Amy





Jun 2023 - Ring Bearers at Janu Fui's Wedding in Carlsbad, CA



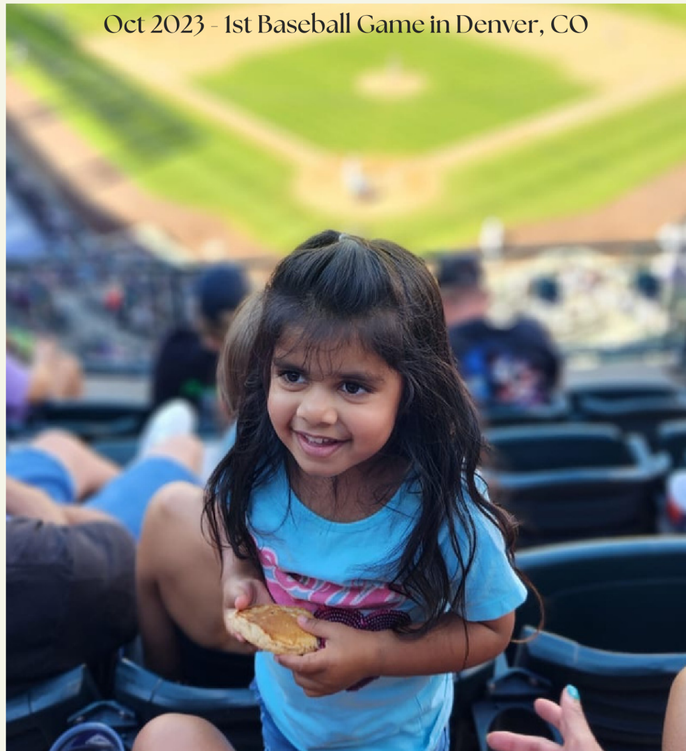
Dec 2023 - Christmas with the Shah's in Poway, CA



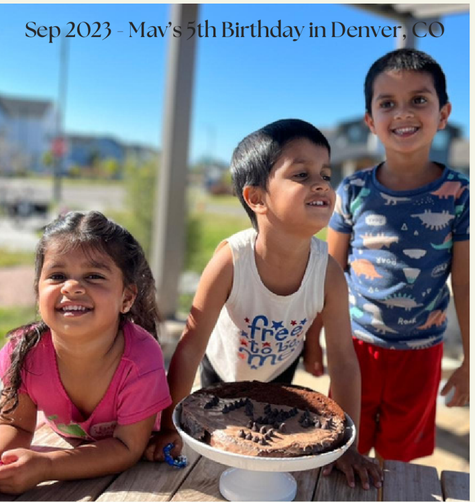
Mar 2024 - Holi in Austin, TX



Apr 2024 - Solar Eclipse in Johnson City, TX



Oct 2023 - 1st Baseball Game in Denver, CO



Sep 2023 - Mav's 5th Birthday in Denver, CO



Oct 2023 - Alina's 1st bday party in Baton Rouge, LA



May 2023 - Memorial Day Weekend with Patel Cousins in Austin, TX

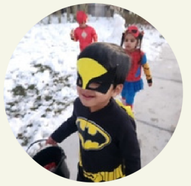










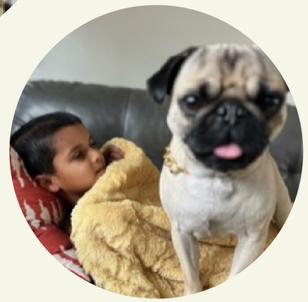
























Thank You!

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