



EAT SWEAT THRIVE

THE O2X HUMAN PERFORMANCE FOUNDERS



ADAM LA REAU



Adam La Reau co-founded O2X Human Performance in 2013 and serves as Managing Partner, along with Paul McCullough and Gabriel Gomez. Under Adam's leadership, the company relentlessly evolves its program offerings, products, and structure to meet the ever-changing demands placed on tactical athletes. Adam's vision is for O2X to provide world class training and integrated educational experiences that improve the health, safety, and performance of our nation's heroes.

As O2X grew, Adam's focus shifted toward the development of scalable operations and management systems, guiding the company from a regional startup to becoming the world leader in performance. Currently, the model supports a team of hundreds of human performance and on-site specialists, as well as innovative learning programs and technology.

Prior to O2X, Adam was a former Lieutenant Commander in the United States Navy who began his military career as a Midshipman at the United States Merchant Marine Academy (USMMA). After graduating and earning his commission in 2002, he successfully completed the U.S. Navy's Basic Underwater Demolition/SEAL (BUD/S) training to earn the title of U.S. Navy SEAL. After successfully completing BUD/S and advanced training, he spent his career with East Coast based Navy SEAL Teams. Over the next decade, Adam conducted numerous combat deployments.

After leaving active duty in 2013, Adam pursued further education at the Harvard Kennedy School of Government and received a Master of Public Administration. Following his passions, he founded a non-profit called 'One Summit' to build resilience in children with cancer, which has helped hundreds of children and is active in four major cities. The results of the program are being utilized in post-traumatic growth studies to further support programs for children and veterans. Adam currently resides in Scituate, MA with his wife and son.

PAUL MCCULLOUGH



Paul McCullough co-founded O2X Human Performance in 2013 and serves as Managing Partner, along with Adam La Reau and Gabriel Gomez. Paul's vision steers the overall growth strategy of O2X, ensuring the company's products and offerings are best positioned for maximum impact across current and future O2X clients. Paul is driven by a passion for supporting those who serve others, focusing on improving the health, safety, and performance of our nation's tactical populations and elite organizations.

Through the company's formative years, Paul oversaw all areas business development, building a truly customized training platform that now services hundreds of federal, state, and local organizations across the United States. Paul guided the process of customizing O2X's proven methodology to meet the unique demands of every client, leading the development of industry defining programs, products, and services.

Prior to O2X, Paul served eleven years in the U.S. military as a Navy SEAL. He spent his career with SEAL Team Eight and Naval Special Warfare Development Group. Throughout his service, Paul conducted numerous combat deployments in support of Operation Iraqi Freedom, Operation Enduring Freedom, and other contingency operations around the globe. Paul left the Navy as a Chief Petty Officer and his highest awards include a Silver Star Medal, 2 Bronze Star Medals with Valor, and 2 Joint Service Commendation Medals with Valor.

After leaving the Navy in 2012, Paul was hired at Eaton Vance Investment Managers where he worked in the Institutional sales team. He left Eaton Vance in 2014 to follow his passion for entrepreneurship and Human Performance. He has a Bachelor of Arts in Marketing from American Military University and resides in New England with his wife and four kids.

GABRIEL GOMEZ



Gabriel Gomez is a Co-founder and Managing Partner at O2X Human Performance. In his role, Gabriel is closely involved in the overall management of O2X, leading the organization's financial strategy through considerable scale year-over-year. Gabriel's focus at O2X includes steering competitive and profitable growth, investor relations, and managing risk across the entire business.

As a founding member of O2X, Gabriel has been instrumental in all phases of the company's life span: from formation to start-up, through rapid expansion, and the evolution of O2X into the world leader in human performance programs for tactical athletes. Gabriel's leadership, vision, and financial stewardship has been pivotal to that success since the company's organization.

Prior to the founding of O2X, Gabriel worked in private equity at Advent International, Summit Partners, and Bowles Hollowell Conner and helped co-found the private equity firm Equality Asset Management. In 2013, Gabriel left Advent to run for the U.S. Senate seat vacated by John Kerry, winning the Republican Primary nomination in the special election.

Gabriel is a graduate of the Harvard Business School and United States Naval Academy, serving as a Naval Aviator and SEAL officer before separating from service in 1996. Gabriel is only the second person in U.S. Navy history to have been an aircraft carrier pilot and then a Navy SEAL officer. In addition, he is a co-founder of the Navy SEAL Foundation New England and serves as a Trustee on the board of Noble & Greenough School. Gabriel lives in Cohasset, MA with his wife and four children.