

Meeting U.

BIOGRAPHY - JAMES SPELLOS

James Spellos is the President of Meeting U., a company specializing in helping people become more productive and comfortable with technology.

Jim is certified as a Microsoft Office Specialist (MOS). He delivers over 150 seminars annually on how to use technology more efficiently, and how it is altering the nature of business. Jim is an adjunct faculty member at New York University, teaching in the School of Professional and Continuing Studies since 1990. He has been honored with both their Award for Teaching Excellence and their Outstanding Service Award. Jim was also named one of the hospitality industry's trendsetters in 2015 for his technology education.

In 2014 Jim joined the Board of Directors for Rock and Wrap It Up, an anti-poverty, anti-hunger think tank, which supports food recovery for over 43,000 agencies in North America by donating excess food from events. Jim co-created for them their Whole Earth Calculator app, which helps organizations identify the quantity of food donated and carbon footprint reduced by an organization helping to recover excess food from events.

Jim is also an accomplished musician and songwriter, playing guitar, keyboards and singing for the New York City rock band Contraband. They released their first CD, "Welcome to the Neighborhood" in late 2008, and is perpetually in the recording studio working on their next project.

James Spellos

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