

## **Dr. Nikolas P. Tsakos, Founder & CEO of TEN Ltd. Interview Today Live at NYSE - Schwab Network**

ATHENS, Greece, Dec. 09, 2025 (GLOBE NEWSWIRE) — TEN Ltd. (NYSE: TEN) (“TEN” or the “Company”), a leading diversified crude, product and LNG tanker operator, announced today that the Founder and CEO, Dr. Nikolas P. Tsakos, will be interviewed on the Watch List by Nicole Petallides, Lead Anchor at the Schwab Network, live today at 2:20 pm EST.

**To watch the live interview, please follow this link:**

**<https://schwabnetwork.com/>**

Building on TEN’s strong performance for the nine months and third quarter of 2025, Dr. Tsakos will address the global energy and shipping market landscape, evolving tanker fundamentals, and the strategic priorities advancing the Company’s long-term growth trajectory. He will also address TEN’s forward-looking sector outlook, underscoring the structural trends expected to define the industry’s next chapter.

### **ABOUT TSAKOS ENERGY NAVIGATION**

Founded in 1993 and celebrating 32 years as a public company, TEN is one of the first and most established public shipping companies in the world. TEN’s diversified energy fleet currently consists of 82 vessels, including ten DP2 shuttle tankers, three VLCCs, two scrubber-fitted MR product tankers and five scrubber-fitted LR1 tankers under construction, consisting of a mix of crude tankers, product tankers and LNG carriers totaling approx. 11 million dwt.

### **ABOUT FORWARD-LOOKING STATEMENTS**

Except for the historical information contained herein, the matters discussed in this press release are forward-looking statements that involve risks and uncertainties that could cause actual results to differ materially from those predicted by such forward-looking statements. TEN undertakes no obligation to publicly update any forward-looking statement, whether as a result of new information, future events, or otherwise.

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