

Consultant



Cassie Woolgar

Cassandra has a natural affinity with people; building rapport, listening and asking the right questions at the right times to help people make the most of themselves.

“The challenges of society today are very demanding, and very different to those that existed when our stress response developed. As a result, we often struggle to cope with stress, anxiety and the ever-evolving workplace. The use of psychometric testing, feedback, coaching and an understanding of the mechanisms of stress and anxiety can help. With these we can better equip ourselves to maintain resilience, ‘bounce back’ and ‘power forward’. This in turn leads to a healthier, happier, more motivated workforce, and enables people to be better managers and leaders. With an increasingly educated and competent workforce it can be difficult to make the right hire and retain people; but making the wrong hire can be detrimental in terms of time, money and morale. Psychometric testing and expert interpretation can ease the selection process by identifying the person best suited to the job, and the organisation.”

Examples of Recent Assignments

Cassandra has a dual role with Mentis; Research Manager and Consultant. Based in the UK Cassandra works with the London, Middle East and South East Asia offices. As Mentis expands we would like to complement our practical projects by contributing to the academic efficacy of our work with high quality research. Cassandra plays a vital role in all research aspects while ensuring we conduct our research ethically and to the best standards. As a consultant, Cassandra provides quality assurance of our activities and works directly with clients via off-the-shelf and tailored solutions for the selection and development of their workforce.

Business Experience

Cassandra has worked in Academia, with the NHS, MOD, Charities and Corporate businesses. Her work has included supporting people with learning disabilities, mental health problems and disadvantaged children. Beyond the specific work below she has also led, managed and mentored many people while working in these sectors. She has provided research support in the Department of Education at the University of Oxford and the Department of Educational Psychology for a Local Education Authority; establishing collaborative business relationships and research publications. Cassandra has completed change management projects in the NHS and MOD including introducing new technologies into the NHS, and the drawdown of a Medical Centre from British Forces Germany. These roles have required an understanding of the organization and change, how to maintain motivations and group cohesion, and how to keep staff feeling well and calm during such changes.


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Training, Qualifications and Accreditations

Cassandra has a Bachelors Degree in Psychology from University of Bath, is a member of the British Psychological Society and is studying a Master's Degree in Occupational Psychology with Birkbeck University of London. She is qualified in the use of Hogan, and is a certified Change Management Practitioner and Foundation Project Manager.

Personal Philosophy

I want to help people to discover and work towards their potential and provide the necessary tools to encourage self-development. There are so many amazing people with such a great deal of potential. It is important that everyone receives the support and development they need to progress towards their aspirations. After all, what if there is someone with the ability to cure cancer, develop new technologies or inspire a nation, but they lack the confidence and skills to go for it? Equally when people are at their best, businesses thrive in terms of retention, quality and leadership.

Other Interests

When Cassandra isn't busy working, she loves spending time with her family, travelling and experiencing different cultures. She also loves to paint and is a big fan of F1.