



“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.”

—CHARLES DARWIN

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LEADERSHIP CONSULTANT

Amanda (Mandy) is an expert in assessing top candidates for high impact leadership roles, executive coaching for emerging or transitioning leaders, and training teams to be more effective amid disruption or change. She is currently focused on projects related to CEO succession planning, team effectiveness during mergers and acquisitions, and family business leadership planning. As a coach, she aims to push leaders to be creative in taking advantage of their unique circumstances and believes giving difficult feedback is a gift. She applies her knowledge and skills to helping leaders strategically define their goals in a way that is both personally motivating and in line with the business.

Mandy’s perspective on leadership and organizational dynamics is informed by 10 years of applied psychological research. Her work emphasizes employee health and recovery from stress, and the trickle-down effects of leaders’ behaviors on teams and organizations. She complements this research background with undergraduate teaching and lab management. She has shared her findings and thought leadership with the community in various blogs and academic journals, including an article published in *Stress and Health* and a blog published in *Psychology Today*, cited in *Fast Company*.

Mandy is an avid equestrian, having trained and competed in Dressage for over 25 years. She enjoys spending her evenings cooking vegetarian dinners with her husband and son, while competing in Jeopardy (and occasionally Wheel of Fortune over dessert).