



# Clara Mentzel

## Organizational Psychologist

with a strong interest in understanding organizational dynamics and helping create meaningful and resilient workplaces. I enjoy exploring ways to foster employee well-being and engagement while contributing to the overall organizational context and culture. My way of working is driven by curiosity, empathy, and the ability to see things from multiple points of view. I focus on bringing different perspectives together and finding ways to collaborate effectively.

### DETAILS & CONTACT

✉ [clara@mentzel.eu](mailto:clara@mentzel.eu)

 [Clara Mentzel](#)

### EDUCATION

**Psychology (M.Sc.)** 2020-10 – 2025-03  
Technical University | Dresden  
Focus: Human Performance in Socio-Technical Systems  
Grade: 1.3 (German) / A (ECTS) / 4.0 GPA (US)

**Industrial Engineering & Management (M.Sc.)** 2023-01 – 2023-12  
Aalto University | Espoo  
Exchange studies

**Communication Psychology (B.A.)** 2015-10 – 2019-08  
University of Applied Sciences | Görlitz  
Focus: Work and organizational psychology  
Grade: 1.2 (German) / A (ECTS) / 4.0 GPA (US)

### EXPERTISE & SKILLS

Organizational & Work Psychology  
Organizational Culture & Development  
Research & Evaluation  
Human-centred perspective  
Employee Well-Being  
Communication & Facilitation  
German (native), English (C1), Swedish (C1)

### WORK EXPERIENCE

**Master's Thesis** 2024-10 – 2025-03  
Inner Development Goals (IDGs) | Stockholm

- Designed and conducted a mixed-methods research project on team and organizational dynamics in sustainable transformation
- Delivered actionable recommendations by synthesizing qualitative interviews and quantitative surveys for diverse stakeholders

**Human Resources & Accounting** since 2023-02  
Safe Square GmbH | Radevormwald

- Ensuring smooth operations and compliance with internal processes
- Collaborating with management on process optimization and documentation

**Freelance Communication & Organizational Psychologist** since 2023-01

- Consulting support and collaborating in projects regarding organizational development and communication
- Supporting organizations with research, editing, database management, and process optimization

**Project Worker** 2022-08 – 2024-05  
Working Evolutions GmbH | remote

- Supported the design and implementation of research-driven digital solutions, to support value-centered workplace communication
- Coordinated project timelines and facilitated collaboration between internal teams and external partners

**Internship** 2022-09 – 2022-12  
Zebralog | Bonn

- Facilitated stakeholder engagement and public participation through workshops, interviews, and surveys
- Managed logistics and communication, ensuring effective collaboration across diverse groups

**Project Worker** 2019-08 – 2020-08  
innsicht – entdecken & entwickeln | Dresden

- Managed client teams and conducted work-psychological analyses using interviews and surveys to identify employee needs
- Collected and analyzed qualitative and quantitative data for practical recommendations for organizational improvement