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Mariangela is a psychologist and a Senior Consultant at ICAP Human Capital Consulting, where she specializes in enabling individuals and companies to confidently, deliberately, and successfully navigate changes and transitions.

She has extensive experience in conceptualizing and implementing organisational development projects that enhance human element performance, particularly in sectors such as maritime. Her expertise focuses on optimizing employee well-being and productivity by designing human-centered organisational processes and behaviours. She is an experienced trainer and has developed and delivered a range of programmes on various HR processes, including effective performance appraisal systems, value-based competency frameworks, workplace and organisational health, as well as on areas such as leadership development and stress management.

She holds a degree in Psychology from Middlesex University, UK, and an MSc in Cognitive Neuropsychology from Birkbeck College, University of London, UK. She is also a certified psychotherapist in the systemic family therapy model and a certified trainer in Mindfulness-Based Organizational Education (MBOE), an evidence-based mindfulness workplace programme.