

Mai Saleh Quattash, Ph.D.

Institutional Well-being and Development Psychologist

Bridging psychological science and institutional strategy to cultivate thriving organizations.

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• *Summary* •

Ph.D. Psychologist, Certified International Trainer, and Strategic Consultant, translating the science of human potential into institutional advantage. I partner with organizations to build resilient, high-performing cultures by equipping all levels, from the C-suite to key personnel and frontline staff, with evidence-based frameworks. These systems are designed to fortify collective cognitive performance, mitigate the hidden costs of cognitive drain (such as chronic decision fatigue and anxiety), and sustainably enhance well-being across the entire organization. Through tailored consulting and training interventions, I deliver data-driven solutions that empower every individual to thrive, fortify institutional well-being, and translate into measurable gains in productivity, innovation, and sustainable growth.

• *Core Competencies & Skills* •

- **Organizational Well-Being Programs:** Design and delivery of workshops on stress management, burnout prevention, emotional intelligence, and mental health awareness.
- **Mental Training & Performance Optimization:** Customized training to strengthen cognitive skills, focus, resilience, and mental agility for leaders and teams.
- **Mitigating Decision Fatigue:** Specialized strategies and workshops to help organizations streamline processes and equip staff with tools to combat cognitive depletion, enhance judgment, and improve efficiency.
- **Psychometric & Cognitive Assessment:** Comprehensive evaluations for recruitment, talent development, and personalized professional growth planning (using WAIS, Stanford-Binet, MMPI, etc.).
- **Educational Development & Support:** Consulting schools on student motivation, authentic assessment, learning disabilities, and creating inclusive, high-achievement learning environments.
- **Leadership & Project Management Consulting:** Applying psychological principles to leadership development, changing management, and effective project execution.

• Professional Experience •

Independent Consultant, Development & Performance Psychologist • Feb. 2024 – Present

Managing Director / Senior Psychologist, Right Choice, Jordan & Kuwait Branches • Oct 2016 – Jan 2024

• Education •

Ph.D. in Philosophy & Psychology (2024)

University of Glasgow, UK | GPA: 4.00/5 | First-Class Honors

Ph.D. in Educational Psychology / Measurement and Evaluation (2020)

American International Academy of Higher Education, USA | GPA: 92% | Distinguished

Master of Educational Psychology, Measurement and Evaluation (2018)

Amman Arab University, Jordan | GPA: 3.91/4 | Distinguished

Bachelor's Degree in English Language and Literature (2015)

Middle East University, Jordan | GPA: 3.95/4 | Distinguished

• Volunteering & Strategic Initiatives •

- January to June 2021 **Career Awareness and Future Jobs Initiative, Jordan**
Jordanian Ministry of Education

Provided awareness lectures for all 10th, 11th, and 12th-grade students (2050 schools) as part of the initiative. Linked interviews (the interviews are in Arabic):

- <https://www.facebook.com/watch/?v=422374178993461>
- <https://www.facebook.com/watch/?v=1053523141798198>

- March to May 2018 **Stanford-Binet Intelligence Test Examiner, Jordan**
Jordanian Ministry of Education

Served as a Stanford-Binet Intelligence Test Examiner at Yacoup Hashem High School.

- March to May 2013 **School Improvement Initiative, Jordan**
United Nations Relief and Works Agency, UNRWA

Effectively contributed to implementing and developing activities to improve overall performance and enhance community communication at Jabal Amman Preparatory Mixed School.