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“ DEVELOPING WORTHY LEADERSHIP THROUGH GREAT CONSULTING & GREAT SCIENCE. ”

Cara serves as Associate Consultant for Leadership Worth Following, LLC. She is experienced in consulting with clients to help identify key talent needs and offer developmental solutions. Providing helpful, one-on-one feedback, Cara engages clients in their personal and professional development. She is also deeply involved with LWF's Brand and Marketing Strategies. Her education and experience provide insight regarding assessment center best practices when applying technology to method.

Cara was a co-author of the landmark article *The Search for Worthy Leadership* published in December of 2008 by the Consulting Psychology Journal. She currently has a paper on the topic of Emotional Labor and Burnout under review. Her research interests include leadership (assessment and development), assessment methodology, emotional labor, and gender difference in the workplace.

Cara earned her B.A. in Psychology from Baylor University in 2006 and her M.S. in Industrial Organizational Psychology (2008) and her PhD in Experimental Psychology (2011) from the University of Texas at Arlington. She is currently affiliated with the Society for Industrial Organizational Psychology (SIOP) and the Dallas Area Industrial Organizational Psychologists (DAIOP).