



# MEGAN TOWNSHEND

Senior Organisational Development Consultant  
Wellness Consultant  
Occupational Therapist

## CONTACT

+27 (0)79 475 6068

megan@foxconsulting.co.za

linkedin.com/in/od-wellness-consultant/

www.foxconsulting.co.za

## SKILLS

Project management

Strategic communication

Training and facilitation

Employee Engagement

Wellness Strategy

Coaching for High Performance

## ABOUT

Megan has more than 15 years of experience managing her own business, working predominantly in the corporate sector with various multi-nationals. Within this role, she has gained experience and led projects in the following functional domains: wellness initiatives, change management, stakeholder engagement and management, training and project management. Passionate about people and organisational growth, she works towards implementing organisational and personal transformation projects and interventions that will enable sustainable growth.

## PROJECT EXPERIENCE

Dec 2022 – Current  
Illovo Sugar | FMCG

### Change and Project Lead on TMS

**Project Overview and Responsibilities:**

Defining, planning, implementing and measuring change of the new automated transport systems within Malawi. This involved planning, implementing and executing large scale people change initiatives from scoping, team identification, setting governance structures, mobilising change coalitions and cadence building.

January 2021 – December 2022  
Danone | FMCG

### Project Lead

**Project Overview and Responsibilities:**

Led project management initiatives that were required in ensuring the successful completion of the organisation's outplacement programme following a 189A. This involved engaging and contracting stakeholders; monitoring and tracking progress according to the project and stakeholder engagement plan; highlighting risks and ensuring that mitigating actions are put in place; establishing ways of working; ensuring stream integration and issues arising are resolved; ensuring alignment amongst stakeholders and managing the budget.

Jan 2020 – December 2021  
Pepsico | FMCG

### PepsiCo/Pioneer Integration

**Project Overview and Responsibilities:**

Cultural Integration and Communication of the PepsiCo acquisition of Pioneer Foods. This included the values rollout, leadership training and engagement activities..

May 2021 – Current  
Reinsurance Company of South Africa | Insurance Sector

### Project Consultant

**Project Overview and Responsibilities:**

Supporting the Head of Claims to plan, develop and roll out wellness strategy. This included engaging stakeholders; leadership training, highlighting risks and ensuring that mitigating actions are put in place, ensuring stream integration and issues arising are resolved and ensuring alignment amongst stakeholders.

## EDUCATION

BSc Occupational Therapy  
University of Cape Town  
1999 – 2003

Project Management  
Professional (PMP) Certificate  
University of Cape Town  
1999 – 2003

Certification in Coaching for  
High Performance  
University of Cape Town  
1999 – 2003



# MEGAN TOWNSHEND

Senior Organisational Development Consultant  
Wellness Consultant  
Occupational Therapist

## INDUSTRIES

FMCG

Financial Services

Insurance Sector

## TOOLKIT

MS Word	Excellent
MS Excel	Excellent
MS PowerPoint	Excellent
SharePoint	Excellent

## EMPLOYMENT EXPERIENCE

- June 2015 – Current  
IDA Consulting (Schoeman Townshend OTs Inc.) | Insurance  
**Director & Senior Occupational Therapist**

**Responsibilities:** Business Strategy and Partnering as well as leading a team of OTs to deliver business results. Responsible for leading projects and vision building processes. Managing all day-to-day functions, driving new business acquisition implementing as well as managing new initiatives. Overseeing all the reintegration programmes/projects (i.e., when a patient resumes work after an extended absence) which includes stakeholder engagement and negotiation, timeline and budget management. Full responsibility for business Talent Management processes.
- Dec 2010 – June 2015  
Derryn Brummer OTs Inc. | Health & Medicolegal  
**Director & Senior Occupational Therapist**

**Responsibilities:** Business Strategy as well as supervision of junior staff to deliver business results. Responsible for in-depth work capacity assessments within the insurance and medicolegal industries. Delivery of initiatives in order to optimise business performance and ensure capability growth to meet business strategies.
- Jan 2007 – Nov 2009  
Haley Norval OTs | Clinical Rehabilitation  
**Senior Occupational Therapist**
- Jan 2007 – Nov 2010  
Harrison & Keyser OTs | Clinical Rehabilitation  
**Director**
- Jan 2005 – Nov 2006  
Ashford & St Peter's Hospital Trust (UK) | Clinical Rehabilitation  
**Senior II Occupational Therapist**

**Responsibilities:** Responsible for one-on-one rehabilitation within the clinical sphere. Business Strategy as well as supervision of junior staff to deliver business results within the director role.



*It always seems impossible, until it's done.*

*- Nelson Mandela*

