

# Sandra Mandić, PhD, PMP

Location: Wellington, New Zealand

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## Profile

I am a confident, energetic, adaptable and results-oriented leader. I have over 20 years of research experience in the health and transport sectors, including over 13 years of experience in initiating, growing, leading and managing a comprehensive research portfolio with diverse programmes and projects. In my academic roles, I have initiated and managed a wide range of research projects and programmes. Throughout my academic career, I published 84 scientific articles, 2 books, 5 book chapters, 229 conference abstracts and 66 technical reports, and secured over NZD \$1.9 million in research funding.

I am passionate about research, innovation, mentoring, project and programme management, and building bridges between people, sectors and cultures. Throughout my career, I have established and led several new successful programmes and initiatives, including a world-class multidisciplinary and cross-sector research programme. I have a track record of building strong, meaningful professional relationships and bringing together professionals from different disciplines and sectors.

My professional training and experience span nine cities across five countries and three continents – including Europe, Canada, United States and New Zealand – and I speak four languages (English, Spanish, Serbo-Croatian and Russian). My recent professional activities in academia, government and private sectors have been inspired by interdisciplinary and multi-sector approaches to encourage active living and active transport with links to public health, built environment and sustainability. My other professional endeavours are focused on linking project management knowledge, tools and processes to academic research.

Transformational leader

Experience working in academia, government and private sectors

Project and programme manager

Researcher with 20+ years of experience in the health and transport sectors

84 scientific journal articles to date

Secured NZD \$1.9+ million in research funding

Published 2 books linking project management to academic research

Professional experience spans 3 continents, 5 countries and 9 cities

4 Languages

## Qualifications

2002-2007	Doctorate (PhD) (Clinical Exercise Physiology), University of Alberta, Edmonton, Canada
2000-2002	Master's of Science (Exercise Physiology), University of Alberta, Edmonton, Canada
1994-1998	Bachelor of Physical Education, University of Novi Sad, Novi Sad, Serbia

## Selected Work Experience

2021 - Present	Director, AGILE Research Ltd., Wellington, New Zealand ( <a href="http://www.agileresearch.nz">www.agileresearch.nz</a> )
2021 - Present	Principal Advisor Transport Strategy, Wellington City Council, Wellington, New Zealand
2020 - Present	Adjunct Professor, School of Sport and Recreation, Faculty of Health and Environmental Sciences, Auckland University of Technology, Auckland, New Zealand
2013 - Present	Principal Investigator / Research Programme Manager, Built Environment and Active Transport to School (BEATS) Research Programme ( <a href="http://www.otago.ac.nz/beats">www.otago.ac.nz/beats</a> ); New Zealand
2018-2020	Associate Professor, School of Physical Education, Sport and Exercise Sciences, University of Otago, Dunedin, New Zealand
2009-2018	Senior Lecturer, School of Physical Education, Sport and Exercise Sciences, University of Otago, Dunedin, New Zealand
2007-2008	Postdoctoral Research Fellow, Stanford University School of Medicine and VA Hospital Palo Alto, Palo Alto, California, United States

## Certifications

02/2022	Certified Project Management Professional (PMP), Project Management Institute, USA
09/2008	ACSM Certified Clinical Exercise Specialist, American College of Sports Medicine, USA
04/2007	Certified Exercise Physiologist, Canadian Society for Exercise Physiology (CSEP), Canada

## Selected Relevant Leadership Roles

2020	Director, Transport Research Network, University of Otago, New Zealand
2019	Convener, Working Group for developing Key Policy Recommendations for Active Transport in New Zealand, New Zealand
2018-2019	Convener, Transport Research Network, University of Otago, New Zealand
2016-2019	Steering Group member, Centre for Sustainability, University of Otago, New Zealand
2013-2017	Member of the Technical Advisory Group, Ministry of Health, New Zealand
2013-2017	Board member, Clinical Exercise Physiology Association of New Zealand, New Zealand

## Selected Honors, Prizes, Awards, Fellowships and Scholarships

2022	National award: 1st place in XV Strategy Awards for Nutrition, Physical Activity and Obesity Prevention [NAOS] for PACO & PACA Project Team; Associate Investigator (PI: Aznar); Spain
2021	National award: 3rd place in XIV Strategy Awards for Nutrition, Physical Activity and Obesity Prevention [NAOS] for PACO Project Team; Associate Investigator (PI: Chillón); Spain
2019	University of Otago Research Group Award for the BEATS Research Team, New Zealand
2016	Community Engagement Award - Academic Staff, Division of Sciences, University of Otago, Dunedin, New Zealand
2010	International Research Fellowship, National Commission for Research, Science and Technology (CONICYT), CHILE, ~\$19,000 NZD (Declined due to new parenting responsibilities)
2006-2007	Dissertation Fellowship, University of Alberta, Canada
2005	Student Research Award, Canadian Assoc. of Cardiac Rehabilitation
2004-2006	Izaak Walton Killam Memorial Scholarship, University of Alberta, Canada
2002-2004	Canadian Institutes for Health Research / Tomorrow's Research Cardiovascular Health Professionals Research Fellowship, Canada
1999	Award for an Outstanding Achievement during Studies, Faculty of Physical Education, University of Novi Sad, Serbia
1998	Award for a Full-Time Student for Success in 1997/98, University of Novi Sad, Serbia
1997	Plaque to the Best Student of the Faculty, University of Novi Sad, Serbia
1997-2000	Republic Foundation for the Development of Scientific Offspring Scholarship, Ministry of Education, Serbia
1997, 1998	Student President, Faculty of Physical Education, University of Novi Sad, Serbia
1996-1998	Fund for Talented Students Scholarship, Faculty of Physical Education, University of Novi Sad, Novi Sad, Serbia
1996	Diploma to the Best Student of the Faculty, University of Novi Sad, Serbia
1995, 1996, 1997, 1998	Dean's Honor Award (Student of the Year), Faculty of Physical Education, University of Novi Sad, Serbia
1995-1996	Ministry of Education Scholarship, Ministry of Education, Serbia

## Languages

English (fluent)	Spanish (proficient)	Serbo-Croatian (fluent)	Russian (basic)
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## Research Activities

<b>84</b> Scientific journal articles	<b>229</b> Conference abstracts	<b>66</b> Technical reports	<b>112</b> Seminar presentations	<b>7</b> Symposia organised	<b>88</b> Media reports	<b>Extensive</b> research collaborations
Secured over <b>NZD \$1.9 million in research funding</b> as Principal Investigator (PI) or Co-Principal investigator						
H-index: 22	1,474 citations	ORCID #: 0000-0003-4126-8874	Researcher ID: F-2689-2016			

## Research Programmes Established and Led

2013-Present	Built Environment and Active Transport to School (BEATS) Research Programme ( <a href="http://www.otago.ac.nz/beats">www.otago.ac.nz/beats</a> )
2015-2017	Cycle Skills Training Research Programme
2009-2012	Cardiac Rehabilitation Research Programme

## Selected Research Grants

### Selected BEATS Research Programme-related research grants:

2019-2023	Health Research Council of New Zealand - Project Grant; PI; NZD \$1,197,487
2018-2019	University of Otago Research Grant; PI; NZD \$37,909
2014-2018	Health Research Council of New Zealand Emerging Researcher Grant; PI; NZD \$149,941
2014-2018	National Heart Foundation of New Zealand - Project Grant; PI; NZD \$23,102
2014-2016	Lottery Health Research Grant; PI; NZD \$30,000

### Selected other significant research grants:

2020-2023	PACO & PACA Study: Ministry of Economy, Industry and Competitiveness (Spain); Associate Investigator (PI: Aznar); €85,445
2016-2020	The PACO Project: Ministry of Economy & Competitiveness (Spain); Associate investigator (PI: Chillón); €70,000

\*PI = Principal Investigator.

## Selected Scientific Journal Articles Published in the Last Five Years (2018-2022)

Mandic S, Hewitt J, Dodge N, Sharma N. Approach to Speed Management in New Zealand's Capital. *Journal of Road Safety* (in press; accepted on 02 September 2022)

Mandic S, García Bengoechea E, Hopkins D, Coppell K, Spence JC. Adolescents Perceptions of Walking and Cycling to Differ Based on How Far They Live from School. *Journal of Transport and Health*. 2022, 24, 101316. DOI: <https://doi.org/10.1016/j.jth.2021.101316>

Khan A, Mandic S, Uddin R. Association of active school commuting with physical activity and sedentary behaviour among adolescents: a global perspective from 80 countries. *Journal of Science and Medicine in Sport*. (E-pub: 11 December 2020) DOI: <https://doi.org/10.1016/j.jsams.2020.12.002>

Mindell JS, Ergler C, Hopkins D, Mandic S. Taking the bus? Barriers and facilitators for adolescent use of public buses to school. *Travel Behaviour and Society*. 2021;22:48-58; DOI: <https://doi.org/10.1016/j.tbs.2020.08.006>

Sandretto S, Hopkins D, Wilson G, Mandic S. Competing Tensions: Active Transport to School, School Choice and Policy Making. *Journal of Transport & Health*. 2020; 18:100908; DOI: <https://doi.org/10.1016/j.jth.2020.100908>

Keall M, Hopkins D, Coppell K, Sandretto S, García Bengoechea E, Spence J, Wilson G, Mandic S. Implications of attending the closest school on adolescents' physical activity and car travel in Dunedin. *Journal of Transport & Health*. 2020; 18:100900; DOI: <https://doi.org/10.1016/j.jth.2020.100900>

Mandic S, Hopkins D, García Bengoechea E, Flaherty C, Coppell K, Moore A, Williams J, Spence JC. Differences in Parental Perceptions of Walking and Cycling to High School According to Distance. *Transportation Research Part F: Traffic Psychology and Behaviour*. 2020; 71:238-249; DOI: <https://doi.org/10.1016/j.trf.2020.04.013>

Mandic S, Jackson A, Lieswyn J, Mindell JS, García Bengoechea E, Spence JC, Wooliscroft B, Wade-Brown C, Coppell K, Hinckson E. Development of Key Policy Recommendations for Active Transport in New Zealand: Multi-Sector and Multidisciplinary Endeavour. *Journal of Transport & Health*. 2020; 18:100859 DOI: <https://doi.org/10.1016/j.jth.2020.100859>

Mandic S, Hopkins D, García Bengoechea E, Moore A, Sandretto S, Coppell K, Ergler C, Keall M, Rolleston A, Kidd G, Wilson G, Spence JC. Built Environment Changes and Active Transport to School among Adolescents: BEATS Natural Experiment Study Protocol. *BMJ Open*. 2020;10:e034899 DOI: <https://doi.org/10.1136/bmjopen-2019-034899>

Smith M, Ikeda E, Duncan S, Maddison R, Hinckson E, Meredith-Jones K, Walker C, Mandic S. Trends and measurement issues for active transportation in New Zealand's Physical Activity Report Cards for children and youth. *Journal of Transport & Health*. 2019;15:100789 DOI: <https://doi.org/10.1016/j.jth.2019.100789>

Uddin R, Mandic S, Khan A. Active commuting to and from school among 106,605 adolescents in 27 Asia-Pacific countries. *Journal of Transport & Health*. 2019;15:100637 DOI: <https://doi.org/10.1016/j.jth.2019.100637>

Hopkins D, García Bengoechea E, Mandic S. Adolescents and their aspirations for private car-based transport. *Transportation*. 2019. DOI: <https://doi.org/10.1007/s11116-019-10044-4>

Kek CC, García Bengoechea E, Spence J, Mandic S. The relationship between transport-to-school habits and physical activity in a sample of New Zealand adolescents. *Journal of Sport and Health Science*. 2019; 8(5):463-470. DOI: <https://doi.org/10.1016/j.jshs.2019.02.006>

Pocock T, Moore A, Keall M, Mandic S. Physical and Spatial Assessment of School Neighbourhood Built Environments for Active Transport to School in Adolescents from Dunedin (New Zealand). *Health & Place*. 2019;55:1-8. DOI: <https://doi.org/10.1016/j.healthplace.2018.10.003>

Ikeda E, Stewart T, Garrett N, Egli V, Mandic S, Hosking J, Witten K, Hawley G, Tautolo ES, Rodda J, Moore A, Smith M. Built environment associates of active school travel in New Zealand children and youth: A systematic meta-analysis using individual participant data. *Journal of Transport and Health*. 2018;9:117-131 DOI: <https://doi.org/10.1016/j.jth.2018.04.007>

Mandic S, Flaherty C, Ergler C, Kek CC, Pocock T, Lawrie D, Chillón P, García Bengoechea E. Effects of cycle skills training on cycling-related knowledge, confidence and behaviour in adolescent girls. *Journal of Transport and Health*. 2018;9:253-263 DOI: <https://doi.org/10.1016/j.jth.2018.01.015>

### University Teaching Activities

**Selected University Teaching** - as course coordinator and instructor

Undergraduate courses	Postgraduate courses
<ul style="list-style-type: none"> <li>Physical Activity / Active Living and Health</li> <li>Active Living and Environment</li> <li>Clinical Exercise Physiology</li> <li>Cardiac Rehabilitation</li> <li>Independent Study – Scientific Writing</li> </ul>	<ul style="list-style-type: none"> <li>Research Methods in Exercise Sciences (course design only)</li> <li>Advanced Topics in Physical Education, Activity and Health; Module: Active Living and Health</li> <li>Research Project</li> </ul>

### Research Students Supervision

<b>1</b>	<b>4</b>	<b>7</b>	<b>2</b>	<b>5</b>	<b>22</b>	<b>3</b>
Postdoctoral fellow	Doctoral students	Masters' students	Postgraduate diploma students	Honours students	Summer research students	Internship students
<b>12 Scholarships and awards won by supervised research students</b>						

## Selected Current and Recent Leadership Roles, Programmes and Projects

### Director, AGILE Research Ltd.

Wellington, New Zealand

(2021 - Present)

[www.agileresearch.nz](http://www.agileresearch.nz)



**AGILE  
Research**

AGILE Research Ltd. is a research consultancy that specialises in providing research and evaluation, consulting, and project management services.

AGILE Research Ltd. is a member of the New Zealand's Ministry of Business, Innovation and Employment (MBIE) All of Government Consultancy Services panel in a sub-category Policy, Research and Development (Tier-3).

I established this consultancy to use my knowledge, expertise and professional collaborations to provide research services to government departments, schools, businesses, and academic institutions to help create livable cities and support building capacity of research communities.

### Principal Advisor Transport Strategy, Wellington City Council

Wellington, New Zealand

(2021 - Present)

As part of this role, I am responsible for working with local, regional and central government partners to deliver and influence major city transformational programme, facilitate evidence-based (data and data analysis driven) decision making, and help lead the development of transport strategy, planning and policy for Wellington City.

I am currently leading the development of strategic plan for an approach to speed management in Wellington City as well as development of monitoring and evaluation programme for the speed management programme.

### Principal Investigator / Programme Manager, BEATS Research Programme

New Zealand

(2013 – Present)

[www.otago.ac.nz/beats](http://www.otago.ac.nz/beats)



Built Environment and Active Transport to School (BEATS) is an interdisciplinary and multi-sector transport research programme founded as a partnership between academia, schools, local government and the wider community. The programme spans disciplines of exercise sciences, public health, transport, environment and education. The programme has grown into a world-class example of a successful community-academia research collaboration and won the University of Otago Research Group Award for the best research team in 2019. The latest project, BEATS-2 Study, has been funded by the Health Research Council of New Zealand (NZD \$1.2 million; 2019-2023).

[BEATS Research Programme Progress Report 2013-2020](#)

I have been responsible for conceptualising, designing, implementing, managing and leading the programme, securing funding, managing stakeholders, training research staff, risk management, budget monitoring, project reporting and publishing results.

Programme successes to date:

- over NZD \$1.5 million in research funding
- 34 scientific journal articles
- 46 reports for stakeholders
- Research team award
- NZD \$1.2 million of funding for the latest project

### Convenor, Working Group for the Development of Active Transport Policy Recommendations

New Zealand

(2019)

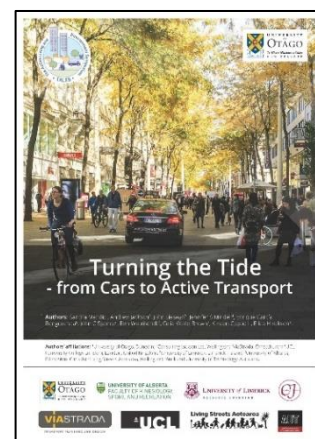
<https://www.otago.ac.nz/active-living/otago709602.html>

The "Turning the Tide" report considered the health and environmental benefits of walking and cycling and defined a clear set of actions to get us out of our cars and living healthier lives. The development of this report and policy recommendations was a multidisciplinary and cross-sector endeavour and one of the outcomes of The Active Living and Environment Symposium (TALES) 2019.

I initiated and led this project.

Full report: ["Turning the Tide - from Cars to Active Transport"](#)

Brief report: ["Key Policy Recommendations for Active Transport"](#)



**Founder and organiser of seven interdisciplinary and cross-sector symposia**  
New Zealand  
(2014 – Present)



**The Active Living and Environment Symposia (TALES) 2017 and 2019** were designed to facilitate and grow an international, multidisciplinary and multi-sector dialogue related to Active Living and Environment.

These symposia brought together researchers, policy makers, health promoters, urban designers, transport experts and interested members of the public to network and exchange ideas.

One of the outcomes of the TALES Symposium 2019 was the [development of key policy recommendations for increasing active transport in New Zealand](#) (see above for details).

**BEATS Symposia** have been used as one of many avenues to communicate the BEATS Research findings to the wider community and to engage with our stakeholders. Findings shared at these symposia were relevant to academia, government, public health, urban design, the transport and environment sectors.

BEATS Symposia proceedings: [2014](#), [2016](#), [2018](#) and [2020](#)

[BEATS Symposium 2022 programme](#)

## Development and Publishing of Research Training Materials

### Compass Guide Research Training Resources by Sandra Mandic



#### Compass Guide Research Training

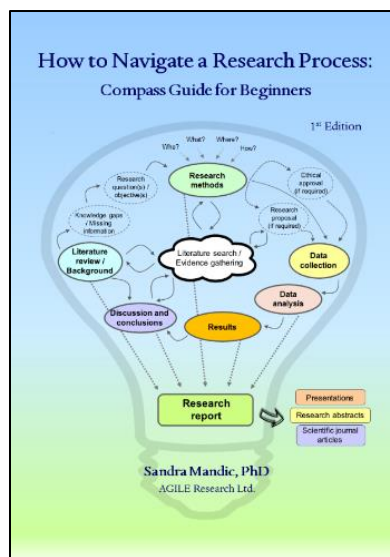
In March 2022, I launched the [Compass Guide Research Training Resources](#) containing a series of short research training videos on my YouTube channel and Compass Guide books for Beginners and Postgraduate Students. These resources have been designed to help individuals navigate the research process smoothly and successfully complete their research projects.

[AGILE Research YouTube Channel](#)



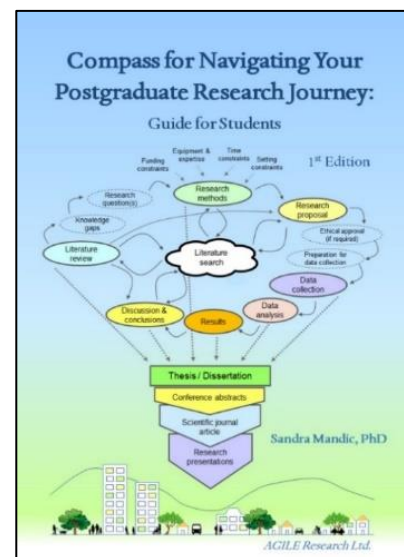
[YouTube video link](#)

#### [Compass Guide for Beginners](#)



Sandra Mandic, PhD. (2022)  
How to Navigate a Research Process: Compass Guide for Beginners. (1<sup>st</sup> Edition)  
AGILE Research Ltd., Wellington.  
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#### [Compass Guide for Postgraduate Students](#)



Sandra Mandic, PhD. (2021)  
Compass for Navigating Your Postgraduate Research Journey: Guide for Students. (1<sup>st</sup> Edition)  
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