

# This Can Happen Future Leader Award

## Winner

**Kirsty McKnight, Oliver Wyman**

Nominated by their company, this award recognises a young future leader who has already made an impact on mental health in their workplace and is paving the way for a better future

Kirsty McKnight is a Senior Consultant who's been with Oliver Wyman just over two years. In that time, she has thrown herself into causes that speak to her heart. Having studied Economics at the University of Cambridge, Kirsty joined Oliver Wyman as a Management Consultant in January 2019. She is passionate about fostering a sense of community at Oliver Wyman and has taken several leadership roles within the firm, including co-leading the London Mental Health committee, Women's external networks group and University recruitment team. She co-leads the firm's social mobility platform, supporting sixth-form students from disadvantaged backgrounds in gaining valuable work experience.

As a co-lead of the UK Mental Health & Wellbeing committee, she works with senior leadership to put the mental wellbeing of employees at the heart of Oliver Wyman's overarching strategy. Kirsty has also been instrumental in designing sharing sessions



**Kirsty has used her organisation and creativity skills in moving the MH agenda forward. She has worked closely with senior leaders and designed sharing sessions to enable dialogue that was needed during lockdown.**



## Highly Commended

→ Nikesh Arya  
Norton Rose Fulbright

→ Sarah Greenwood  
Norton Rose Fulbright

that give everyone a voice and supportive ear. This work has been particularly important during lockdown. The sessions have covered topics ranging from managing anxiety to sleep hygiene and getting in touch with nature.

In summer of 2020, Kirsty was asked to represent Oliver Wyman on the Thriving From the Start initiative, where she has led a study investigating the impact of Covid-19 on the wellbeing of young people at work. She also received the Rising Star Award 2020 in Professional Services category, in recognition of rising female talent in the industry. On the Women of Oliver Wyman (WOW) committee she leads efforts to increase diversity and opportunities for mentorship. She has been awarded Firm Contributor Leader status two years in a row to acknowledge her many contributions inside the firm. ■