

# Dr Karolina Attri



**Innovation Project Manager | Innovation | Cross-Functional Leadership | Data-Driven  
Decision Making**

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## PROFESSIONAL SUMMARY

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Project Manager with experience leading cross-functional innovation and research projects in FMCG, sports technology and academic environments. Skilled in coordinating stakeholders, managing project timelines, mitigating risks and translating complex scientific research into actionable business outcomes. Experienced working with international teams and delivering innovation initiatives from concept through validation.

## WORK EXPERIENCE

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### Innovation Project Manager

Capgemini, Krakow, Poland

03.2026 – 06.2026

- Led cross-functional innovation projects through the end-to-end Stage-Gate process from concept to commercialization, coordinating R&D, Packaging, Marketing, Regulatory and Supply Chain stakeholders.
- Provided full support for product and packaging innovation projects from concept development, feasibility validation, R&D, business proposal and approval.
- Led innovation project kick-off meetings and facilitated discussions with stakeholders to ensure alignment on scope, timelines and objectives.
- Coordinated and facilitated project discussions, including kick-off meetings, project update meetings and lessons learned sessions, ensuring decisions and updates are effectively communicated.
- Regularly monitored innovation projects, provided insights and recommendations for continuous improvements.
- Assessed project delays, identified risks and proposed accelerations to keep projects on track.
- Ensured the accuracy of information and compiled all required inputs for complete project documentation and supporting materials.

### Manager Athlete Science

adidas AG, Innovation, Herzogenaurach, Germany

08.2023 – 02.2025

- Managed internal and external innovation projects to deliver science insights on athlete and athlete-product interactions.
- Worked with renowned athletes across different sports to conduct performance testing.
- Utilized scientific expertise to develop and implement protocols for performance insights in physical and virtual environments.
- Developed new validation strategies, including perception and performance testing, to evaluate and document product benefits for athletes.
- Managed and executed prototype and product concept testing before commercialization, in collaboration with the Athlete Performance Team.
- Collaborated with cross-functional innovation teams to bring new concepts to life through science insights that enhance performance.
- Produced engaging content for blogs, newsletters and social media platforms to attract target audiences.

## **Project Manager**

**Visegrad Fund – Green PE Project, Krakow, Poland**

**01.2024 – 08.2025**

- Coordinated with external partners from the Visegrad Group (V4) countries: University of Prague (Czech Republic), University of Pécs (Hungary), University of Ružomberok (Slovakia) and representing the University of Physical Culture in Krakow (Poland).
- Designed an innovative physical education (PE) curriculum towards environmental and health sustainability.
- Managed budget, cooperated with the Science Department of the University of Physical Culture in Krakow in preparing financial requests.
- Organized partner meetings.
- Worked in international team.

## **Postdoctoral Researcher**

**Department of Neurosurgery and Neurotechnology, University of Tübingen, Tübingen, Germany, 01.2023 – 07.2023**

- Managed scientific projects.
- Conducted experimental design, data collection and data analysis for the multimodal non-invasive brain stimulation research.
- Used transcutaneous auricular vagus nerve stimulation (taVNS) and neuromuscular electrical stimulation (NMES) in clinical patients with idiopathic cervical dystonia.

## **Researcher**

**Department of Neurosurgery and Neurotechnology, University of Tübingen, Tübingen, Germany, 05.2022 – 12.2022**

- Performed data analysis (Python, R) for the multimodal non-invasive brain stimulation research.
- Used transcranial magnetic, vagus nerve and electric stimulation (TMS, taVNS, TES).

## **Guest Researcher**

**Neuroimaging Center (NIC), University Medical Center of the Johannes Gutenberg University, Mainz, Germany, 10.2021 – 03.2022**

- Conducted state-of-the-art experimental design, data collection and data analysis for the multimodal non-invasive brain stimulation research.
- Trained on a variety of neuroscientific methods using transcranial magnetic, electric and ultrasound stimulation (TMS, tES, TUS) combined with electroencephalography (EEG) and functional magnetic resonance imaging (fMRI).

## **Guest Researcher**

**Department of Human Movement Sciences, University of Groningen, Groningen, Netherlands, 01.2020 – 02.2020**

- Conducted research about prevention of chronic diseases with physical activity and exercise.
- Researched about the effect of physical activity on cognitive function.
- Optimized motor function and mobility independence.

## **Guest Researcher**

**Department of Physiology and Biochemistry, Charles University, Prague, Czech Republic, 05.2019 – 06.2019**

- Conducted research.
- Scientific networking: worked in the international team, wrote scientific papers and reviews.
- Helped with administrative work (grants, course enrolment).

## TEACHING EXPERIENCE

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### Teacher of Sports, Exercise and Health Science

VIII PALO International Baccalaureate School, Krakow, Poland

09.2017 – 04.2022

- Conducted classes in Musculoskeletal Anatomy, Cardio-respiratory Exercise Physiology, Movement Analysis, Sports Psychology, Skill in Sport, Nutrition and Energy Systems.
- Evaluated the performance of the students.
- Supervised students in Internal Assessments and Extended Essays.

## EDUCATION

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### Ph.D. in Sports Science

University of Physical Education, Krakow, Poland

10.2016 – 09.2022

### Master of Science: Medical, Health and Sports Science

University of Physical Education, Krakow, Poland

10.2014 – 07.2016

### Bachelor of Sports Science

University of Physical Education, Krakow, Poland

10.2011 – 09.2014

## SKILLS AND TECHNOLOGIES

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- Performance Testing, Project Management, Perception Testing, Research Design, Data Analysis
- Risk Management, Budget Management, Resource Planning, Stakeholder Management, Governance
- Python, MS Project, Smartsheet, Jira, Confluence, SAP, Excel, PowerPoint, Word, AI, Agile, Waterfall
- Force Plates, Pressure Insoles, Body Core Temperature Sensors, EEG, HRV, GPS, IMU, Eye Tracking
- TMS, fMRI, EMG, TUS, Sleep Tracking, VO2 max, Reaction Time, Cognitive Testing

## CERTIFICATIONS / COURSES

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- Project Management & Agile Fundamentals, Santander Open Academy (06.2026)
- Certificate in Neurobiology and Sports Performance, Barça Innovation Hub (02.2025)
- CPR/AED/First Aid Certificate, American AED CPR Association (05.2025 – 05.2027)
- Rowing Umpire, Polish Rowing Association, National Rowing Championships (2021-present)
- 2022 Complete Python Bootcamp, Udemy: Online Courses (06.2022)
- Bodybuilding and Gym Instructor, Polish Sports Academy (02.2015)
- Certificate in Cambridge English: Advanced (C1), Cambridge English (07.2020)

## KEY ACHIEVEMENTS

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- Rector scholarship for the best doctoral student
- Erasmus + Staff Training Mobility Grant
- Erasmus + Traineeship (student) Grant
- Gold medal (2010) and Silver medal (2011) in rowing at National Championship in Poland

## LANGUAGES

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- Polish (Native)
- English (Fluent, C1)