

Fractional CHRO | Senior HR Consultant

20+ Years of Transforming and Right-sizing Businesses & Growth-Mode Companies

Your Partner in 'Scaling People Strategies for Business Success'

With over two decades of experience across diverse industries, I provide senior-level HR expertise to startups, law firms, high-growth companies, and organizations in transformation. I hold a Certified Human Resources Leader (CHRL) designation and advanced HR law certification from Osgoode Hall Law School, bringing deep expertise in compliance, workforce planning, and change management. My tailored, hands-on approach delivers strategic solutions that drive performance, mitigate risk, enhance culture, and align HR with business goals—all at a fraction of the cost of a full-time CHRO/CPO.

How I Help Organizations Thrive

With a proven track record across startups, law firms, and scaling companies, I bring both strategic insight and operational execution to every engagement. My support is designed to solve real organizational challenges — whether you're restructuring, right-sizing, navigating an acquisition, or building from the ground up.

- HR Strategy, Workforce Planning & Organizational Development
- HR Operations: Policy, Process & Systems Design
- Legal & Compliance: CHRL-certified with HR Law expertise from Osgoode Hall
- Mergers & Acquisitions: Due Diligence, Post-Merger Integration & Exit Support
- Talent Management, Leadership Coaching & Succession Planning
- Culture Transformation, Change Management & Employee Relations
- Total Rewards, Engagement Programs & Compliance Audits
- HR Health Check: A full audit to uncover risks and align your people strategy with business goals

Proven Success Across Industries

- Technology Startups: Built scalable HR infrastructures, implemented HRIS systems, and established performance management frameworks to enable rapid growth.
- Retail & Real Estate: Led HR strategy for public and private organizations, including M&A due diligence, cultural integrations, and strategic workforce planning.
- Pharmaceuticals, Cannabis & Healthcare: Designed innovative HR practices for emerging industries, navigating complex compliance and workforce challenges.
- Law & Professional Services: Supported discreet staff transitions and legal compliance during acquisitions and organizational change.

How I Work

- Hourly or Monthly Retainer: Flexible engagement models to suit your business needs
- Sliding Scale Rates: Tailored pricing based on your required hours of support
- HR Health Check: A standalone audit to ensure your HR foundation supports business success

Let's Build Your People Strategy for Sustainable Growth.

Contact Me to discuss how I can help your business thrive with tailored, cost-effective HR leadership.