

# Cindy Hampton

Master of Business Administration  
Certified Compensation Professional  
Global Remuneration Professional

## Member

World at Work  
Society for Human Resources  
North Texas Compensation Association  
International Foundation of Employee  
Benefit Plans



**Practical HR Consulting — Compensation, Benefits, Leave, Tools & Dashboards that Help HR Work Smarter.**

## Helping HR Teams Work Smarter

With over 20 years of experience across corporate and public sectors, I provide project-based and interim support in Total Rewards, Benefits, and Leave Management. I specialize in building data-driven dashboards, Excel models, and process automation tools that streamline HR operations and deliver measurable results.

### Available For:

Contract | Project-Based | Interim Assignments

## Areas of Expertise

### Compensation Solutions

Market Analysis & Benchmarking  
Complete Salary Surveys  
Salary Structures & Pay Equity  
Bonus & Incentive Modeling  
Job Descriptions & Evaluations  
Interim Compensation Manager / Analyst

### Benefits Support

Plan Design & Modeling  
Vendor Benchmarking & Analysis  
Open Enrollment & Communications  
Compliance & Wellness Initiatives  
Interim Benefits Manager / Analyst

### Leave of Absence Programs

Policy Development & Review  
Automation & Tracking Tools  
Absenteeism Analysis  
Day-to-Day LOA Coordination

## Technology & Tools

Custom Dashboards

Automated Leave & Performance Tools

Process and Form Automation

Data Warehouse & Reporting Solutions

Integrations & Implementations

## Why Clients Choose Help for HR

20+ Years of Experience

Fortune 500, Public Sector, and Start-Up Expertise

Microsoft-Centered Ecosystem for Secure Collaboration

Practical Solutions That Improve Efficiency and Clarity

Flexible Engagements Tailored to Your Needs



***Great outcomes — like great summits — are reached  
through determination, desire, and discipline.***

## Let's Connect



214.600.4451



[champton@helpforhr.com](mailto:champton@helpforhr.com)



[www.helpforhr.com](http://www.helpforhr.com)



[Follow me](#)

## Fee Options

Hourly | Project-Based | Retainer