

Cindy Hampton



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

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

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

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|--------------------------------------|---|
| Custom Dashboards | 20+ Years of Experience |
| Automated Leave & Performance Tools | Fortune 500, Public Sector, and Start-Up Expertise |
| Process and Form Automation | Microsoft-Centered Ecosystem for Secure Collaboration |
| Data Warehouse & Reporting Solutions | Practical Solutions That Improve Efficiency and Clarity |
| Integrations & Implementations | Flexible Engagements Tailored to Your Needs |

Why Clients Choose Help for HR



Let's Connect



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Fee Options

Hourly | Project-Based | Retainer

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