



We specialize in crafting tailored HR strategies for startups, small, and mid-sized businesses.

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Theodora Carter, CEO

It's About Your Company, Your Business, Your Success

Clients



Who We Are

HR Solutions+ is your dedicated partner in building high-performing teams. We specialize in crafting tailored HR strategies for startups, small, and mid-sized businesses. By combining deep HR expertise with a strategic mindset, we empower organizations to thrive. Let us handle the HR complexities while you focus on achieving your business goals.

Why Choose Us



Expertise and Experience

- Over 20 years in HR, specializing in non-profit and healthcare.
- Demonstrated success in employee relations, investigations, and conflict resolution.
- Experience working in union and non-union environments.



Client-Centric Approach

- Tailored solutions to Address your unique HR challenges.
- Collaborative partnerships - we work closely with you for mutual success.
- We Prioritize integrity and transparency.



Value Proposition

- Benefit from our deep industry knowledge and strategic approach.
- Results-driven: Achieve your HR goals through our effective solutions.
- Peace of mind: Trust us to handle complex HR matters with professionalism and confidentiality.

Our Services

Employee Relations

Our comprehensive suite of services includes advisory support, workplace investigations, engagement and retention strategies, team building, conflict resolution, documentation, progressive discipline, terminations, and exit interviews.

Performance & Development

We help you set clear goals, provide actionable feedback, and foster a culture of continuous learning and growth.

Talent Acquisition and Retention

We combine cutting-edge recruitment strategies with effective onboarding and employee engagement initiatives to ensure your organization has the right people in the right roles.

HR Compliance

We'll develop and implement comprehensive policies, conduct thorough audits, and provide ongoing training to ensure compliance.

HR Technology Transformation

Our team will assess your specific needs, recommend the right HR technology solution, and seamlessly implement it into your organization.

