
Kathryn Sears, SPHR

From our locations in Raleigh, Charlotte and High Point, North Carolina, Catapult serves over 2200 member organizations across the state. Managing challenging workplace issues, ensuring HR compliance and solving complicated employment situations can be demanding. For more than 60 years, we have been the go-to-resource for employers seeking practical solutions to help build engaged, well-managed and low-risk workplaces through human resources, employment law and management advice, HR consulting, training, survey data and public policy advocacy.

Kathryn Sears is a member of Catapult's Advice Team with over 20 years of experience in human resources management and recruiting including generalist experience in a wide range of human resources areas. She provides expert guidance for Catapult's Members on compliance, employee relations, recruiting, benefits, FMLA, training/coaching, workers comp, and HRIS. She is frequently a host and speaker on Catapult's Answers at 8 Webcasts, writes content for various publications and is a guest speaker for numerous chambers, business groups and other associations.