



Kristin Fjeldstad

Director
HR Practice

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Kristin is an accomplished Human Resources leader with more than 15 years of experience helping organizations navigate growth, transformation, and change. As a Director in the Human Resources Practice at Growth Operators, she partners with executive teams to align people strategies with business objectives, strengthen organizational effectiveness, and drive meaningful business outcomes.

Her experience spans talent strategy, employee relations, workforce development, HR operations, and organizational design. Kristin is known for helping organizations align business priorities with workforce needs while designing scalable programs that support growth and evolving organizational demands.

Kristin has successfully led initiatives that elevate culture, strengthen leadership capability, and improve workforce effectiveness. She brings a practical, business-focused approach to solving complex organizational challenges, combining strategic insight with disciplined execution. With a strong foundation in building high-performing teams and guiding organizations through change, Kristin helps clients create environments where both people and business results can thrive.

EDUCATION

MBA, Master of Business Administration & Management
University of Phoenix

BS, Business Administration
Southwest Minnesota State University

EXPERIENCE

Sr. HR Director
Dependable Home Health Care

Human Resource Leader
Knutson Construction

Director of Human Resources
Walser Automotive

Manager of Human Resources & Administrative Services
Freightquote

STRENGTHS

Collaborates with and develops high-performing teams
Communication (written & verbal)
Efficient and Organized
Hands-On
Leverages talent to solve complex business challenges
Team Leadership & Development

AREAS OF EXPERTISE

Executive Partnership & Influence

Partners with executive leaders to align people strategies with business priorities, supporting growth, organizational effectiveness, and long-term success.

Talent & Organizational Effectiveness

Advises organizations on talent strategies, leadership development, and organizational design to strengthen performance and achieve business objectives.

Change Leadership

Guides organizations through periods of growth and transformation by fostering alignment, supporting leaders, and helping teams successfully adapt to change.

Data, Systems & Process Improvement

Leads HR technology implementations and process improvement initiatives that enhance workforce insights, improve employee experience, and support informed decision-making.

INDUSTRY EXPERIENCE

Private Equity-Sponsored Organizations
Construction
Logistics

Healthcare
Retail
Architecture & Engineering
Non-Profit



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