HELEN KATSOUDAS

PRACTICE LEAD - HR & CORPORATE SERVICES

> **COMMITTED TO LASTING SUCCESS**

BIO

With over 30 years in the corporate world and more than 20 years in Human Resources, Helen Katsoudas is a seasoned expert in HR and corporate recruitment. She brings a wealth of knowledge from her experience as both a senior HR practitioner and a recruitment specialist, having held roles such as HR Manager and HR Business Partner across a variety of industries.

For the past 15 years, Helen has worked in recruitment, including seven years successfully running her own agency, Estelle Recruitment, specialising in HR and Corporate Services. Her deep understanding of internal HR functions allows her to align the right talent with the right culture, ensuring long-term success for both clients and candidates.

Helen's approach is grounded in building strong, trusted relationships and lifelong networks. She believes in delivering value through transparency, consistency, and genuine care for people and their careers.

Outside of work, Helen enjoys early morning walks around the bay, experimenting with new recipes in the kitchen, staying active at the gym, and spending quality time with family, friends, and her dog, Apollo.

CONTACT

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