



Stacey Jerrold, MBA, SPHR: Helping Clients Find Balance

by Linda Simone

Stacey Jerrold rejoined HR/NY in 2008 when she started her own company. “I have two teenage sons, and I was ready to leave my corporate career behind to achieve more balance between work and family.” Before she left her position as a senior HR executive, she found herself up every night at 3:00am worrying about all she needed to accomplish the next day.

“Being the head of HR can be a lonely place. My best friend became a box of Oreos and a glass of milk, and I didn’t know who to speak to about the situation.”

Then Jerrold realized that many others were experiencing similar issues, so she parlayed her expertise and her HR experience into a coaching business designed to help others.

“Starting my own company, What’s Keeping You Up at Night?, was very exciting. I learned that I had strengths that I thought were not in my nature. For example, I was never a technology person, but I had to become my own HelpDesk!” Jerrold found that she enjoyed the freedom of setting the goals and course for her business. “And doing this for my business helped me guide clients in setting a course for themselves.”

Jerrold first joined HR/NY in 2003, but was too busy to take advantage. “When I rejoined the Association five years later, I was determined to get involved and attend events. And the first thing I did was take the SPHR certification exam—something I’d been promising myself to do for years.”

This time Jerrold took full advantage of HR/NY. She has served on a panel about recertification, helps to register and welcome attendees at HR/NY events, and this past January, became a mentor through the University Relations Committee. “I love mentoring,” she says. “My mentee is going for her degree in HR. I find that helping her deal with situational experiences is closely aligned with what I do as a coach.” This past July, Jerrold joined HR/NY’s Board and now serves as Assistant Treasurer.

“Regardless of whether a relationship is personal or work-related, its success hinges on clear communication and transparency. Sometimes, especially in the current economic environment, management and HR do not want to be the bearer of bad news. But not communicating with employees creates anxiety, angst and mistrust. Not communicating is not an option.”

To relax, Jerrold spends time with her family, loves to bake, and works out at the gym. She says the last two are directly related.

“Deciding to start my own company was a critical move for me both personally and professionally. I’m thrilled that I’m finding time to balance and enjoy everything I love to do—and help my clients do the same.”

– Linda Simone
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