

RECRUITMENT | CONSULTING





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When you have the talent, you have the edge.

At Interval, we believe that people are the true differentiator. Technology, strategy, and process matter – but it's talent that moves everything forward. When organisations find the right individuals – those who combine skill with integrity, curiosity, and drive – transformation happens. Our role is to uncover and connect those people, the ones who turn ambition into measurable impact.

We've built Interval on the belief that great partnerships create lasting value. By blending consulting insight with recruitment precision, we bring together exceptional minds and proven expertise to deliver outcomes that matter. Whether it's scaling a technology team, driving digital change, or shaping a new operating model, we help our clients gain an edge – through talent that delivers.





Talent reimagined.

Our roots go back to 2020, when Interval was founded with a simple idea in mind: that exceptional outcomes begin with exceptional people. What started as a specialist consultancy has evolved into a leading talent solutions group, trusted by industry-defining organisations across all sectors to deliver expertise, agility and measurable results.

While what we do may not be unique, the way we do it sets us apart. We believe that when curious, driven people are given the right vision and opportunity, they create lasting change. That belief has guided our journey from day one and continues to shape how we partner with clients, build teams and deliver impact around the world.

Turning talent into advantage.

We take a different view of talent. In a world where markets shift quickly and transformation never stops, we believe success depends on agility, insight and the right people working together. That is why we go beyond conventional recruitment or consulting models, combining both to deliver practical, outcome-driven solutions.

We approach every engagement with curiosity, honesty and partnership. By understanding each client's unique goals and challenges, we build teams that not only fit but perform. Our people-first mindset enables innovation, drives transformation and helps organisations stay ahead in an environment where change is constant and talent is the ultimate advantage.



EXPLORE CONSULTING

Delivering
transformation,
together

HIRE TALENT

Find exceptional people
who deliver results

Built around you, end to end.

We don't aim to be the biggest. We aim to be the best. Being agile means we can focus on what matters most – solving your talent and business challenges quickly and precisely.

Through our integrated approach, we connect you with top talent, provide specialist recruitment and deliver tailored consulting solutions. Whether you need on-demand expertise, full project delivery or help filling critical gaps, we draw on a trusted network of professionals to deliver measurable results.

How you work with us is up to you. From one-off projects to fully embedded partnerships, we adapt to your needs and fit seamlessly into your organisation to drive lasting success.

Hire exceptional talent.

Recruitment is more than filling roles. It is about finding people who elevate your business today and strengthen it for tomorrow.

Our consultants combine global reach with local expertise to connect you to the right talent for every challenge.

Permanent | Strategically grow your team with proven, long-term talent.

Contract | Add skilled freelancers fast and scale back when the job is done.

Executive search | Find leaders who shape the future of your business.





Unlock strategic momentum.

We combine consulting insight with specialist talent to help organisations solve complex challenges and deliver measurable results. Our flexible model provides a cost-effective alternative to traditional consulting, blending strategy, execution and expert delivery.

Whether you need advisory, project leadership or a full delivery team, we draw on our global network of consultants, interims and contractors to build the right solution for your goals. Agile, industry-focused and outcome-driven, our consulting services help you achieve real impact, faster.

Technology

From tech strategy and architecture to development and implementation, we bring together the right people to deliver cutting-edge results.



Life sciences

From biotech discovery and medtech development to regulation and commercialisation, we connect the right people to deliver impact across life sciences.



Strategy

Whether you're looking for operating model transformation or go-to-market planning, we have experience shaping and executing strategies that drive growth.

Finance

From corporate finance and transformation to ERP, controls and compliance, we align proven specialists to deliver clarity, stability, and results.

Human resources

From workforce planning to organisational development, we have the expertise to shape HR solutions that empower people and enable growth.



Marketing

Looking to refresh your brand or create stunning digital campaigns? We expertly craft and deliver creative marketing solutions that inspire audiences and drive growth.



Training

Whether you need workforce upskilling or leadership development, our experts design and deliver training that drives performance and impact.

Administrative

From office operations to executive support, our professionals ensure efficiency, organisation and seamless business management.

Real experiences, *real results.*

"The service we have received is impeccable; the resource has achieved fantastic results and has become a highly valued member of our team."

Manager | Deal Advisory

"Interval delivered a smooth and well-structured executive search process, marked by clarity, consistency and excellent communication with all candidates."

Senior Partner | Technology Consulting

"Exceptional understanding of leadership fit - Interval delivered precisely the calibre of candidate we needed, with professionalism from start to finish."

HR Director | Telecoms

"Interval has become our most valued partner, delivering strategic support that has helped me grow the portfolio and increase client satisfaction at an unprecedented rate."

Director | Consulting

"Interval quickly understood our requirements and provided very strong profiles faster than any other supplier. I would recommend Interval in a heartbeat. They can deliver quality at scale."

Senior Manager | Technology & Infrastructure

You're partnering with the best.

Trusted by

**OVER
120**

leading
organisations

Delivered

**OVER
250**

successful
engagements

Rated excellent by

100%

Of our clients



Let's talk.

You might sense that something is missing in your organisation's talent mix, even if you can't quite pinpoint what it is. Or perhaps you need an end-to-end solution that covers multiple challenges but are unsure where to begin. Whatever the case, we are here to help you define the right approach for your business. Speak with our experts for an informal chat – no expectations, no obligations, no pressure.



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