

INTERVIEW WITH LAURA CANALES

Resource Partner



Did you always want to work abroad?

Yes, I've always been interested in different cultures. I love learning about and experiencing the ways others live – the food, the lifestyle, the traditions, it is all so interesting to me. Dubai is particularly beautiful in my eyes as it is a real melting pot of people and culture.

What has been your biggest achievement in your career(s) to date?

My latest achievement at work has been part of the Contracting team at Hays Middle East and playing a vital role in assisting them in building the desk.

I was awarded Supporter of the Quarter which was a proud moment but the biggest achievement for me is striking a balance in my life. Along with excelling at my career, I also get to teach yoga in my spare time which is one of my passions.

“Stand up for what you believe in and go where you are valued.”

Have you encountered any gender linked challenges in your career?

Early on in my career I was working as an HR Generalist, working underneath the CFO umbrella – it was very male dominated. I felt like as a woman I was seen only as a secondary role to the men

in power. I couldn't speak up or go against the grain so I shifted my path to work in recruitment where I could have more of a say. One of the reasons I like working at Hays so much is that they appreciate diversity and equality.

Who inspires you?

I can't name one particular person as it's life itself that inspires me. The ebb and flow, the ups and downs are what make it both interesting and beautiful. It's the constant change that inspires me. It's what makes me excited to get up in the morning – what will the day bring? Who will I meet? What will I learn? It's in life's many lessons that I can understand myself and grow.

What one piece of advice would you give to your younger self?

Nothing is permanent. Know that struggles don't last – things are constantly changing so don't become too attached to an outcome either way. Stand up for what you believe in and go where you are valued.



International
Women's Day

#EachforEqual