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2022 Women in Construction: Mellissa Cabeceiras, Project Manager at Callahan Construction Managers

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Mellissa Cabeceiras

What was your greatest professional achievement or most notable project in the last 12 months? Being part of the \$2.6 billion Encore Boston Harbor Resort team.

When you're not busy, what is your go to book or podcast to help you unwind? I have a few go to books. Influencer by Joseph Genny, Kerry Patterson, David Maxfield, Ron McMillan, & Al Switzler, See Jane Win by Dr. Sylvia Rimm, The Body Keeps The Score by Bessel Van Der Kolk, M.D. , and The Motivation Manifesto by Brendon Burchard. They all help me have additional insight into myself and those around me.

Starting out in the construction business, who or what empowered you? I always emulated my grandfather who owned his own construction business prior to retiring. He always instilled the importance of hard work, tenacity, and grit. I knew I wanted to follow in his footsteps. He always told me to make sure I always use my mind when I build, and to make sure I didn't break my back. He wanted me to learn how to build something efficiently whilst building quality.

Within your firm, who has helped you succeed within the industry? How have they helped you? This is easy, My Project Executive Brian Parmenter, has been an amazing mentor at Callahan who is patient when training and easy to approach if you have questions, whilst expecting the best results. He stays calm and works within the team transparently. He is without a doubt my top 3 in my entire career.

What tips or advice would you offer to other women who are considering entering the construction industry? Be prepared to work hard and prove yourself. Don't be afraid to ask questions and admit if you're not sure, or simply do not know the answer. Don't be afraid to go and find the answer. And always as my grandfather instilled in me, use your mind, not your back!

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