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2022 Women in Construction: Sarah Murphy, Talent and Diversity at South Coast Improvement Co.

March 25, 2022 - Spotlights



Sarah Murphy

When you're not busy, what is your go to book or podcast to help you unwind? I have two go-to books. One is the *Untethered Soul* by Michael Singer—because it helps center me. Another is *Untamed* by Glennon Doyle because it is entertaining, thought-provoking and empowering. Two chapters are particularly poignant for Women in Construction Week for everyone, not just women: “Rules” and “Boys.” In them, Doyle reminds us how society-driven messages mold and limit the genders differently. Good businesspeople know the value of understanding and navigating cultural differences with respect. Likewise, when we seek to understand what constrains and motivates ourselves and others, we achieve optimum success.

What tips or advice would you offer to other women who are considering entering the construction industry? If being in a fast-paced, deadline driven environment inspires you, and you are motivated to learn and grow, and embrace challenges, then commercial construction may be for you. Once in the industry, if you have limited experience in a more classically “male” driven culture, and/or have not been involved in competitive sports in your previous life, you become a student of gender differences. Most importantly, you learn from and align with the strong, smart, emotionally intelligent women and men at your firm. I am fortunate to have had many such coworkers and leaders, and it makes all the difference.

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