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## **2023 Women in Construction: Sophie Haddock, TFMoran, Inc.**

March 31, 2023 - Spotlights



Sophie Haddock  
Landscape Designer, Assistan Land Planner

What made you interested in seeking a career in the AEC industry? I was drawn to the landscape architecture field because of my upbringing and passion for nature. As a child, I spent a lot of time playing outside and learning from the natural world. In high school, I undertook a project exploring the benefits of nature, specifically how pocket parks can reduce crime and provide health benefits in urban areas. Through this project, I became aware of the powerful impact that thoughtfully designed green spaces can have on people's lives. This realization led me to pursue a career in landscape architecture. I want to design spaces that everyone can access and that provide opportunities for people to refuel and reconnect with nature. All children should have the chance to learn from and appreciate the natural world, and I believe that landscape architecture is a way to make that happen.

What tips or advice would you offer to other women who are considering entering the construction industry? As you enter a male-dominated field, it's important to not let anything hold you back from achieving what you want. One helpful piece of advice I have is to build a support network with other women who have already established themselves in the industry. They can provide valuable guidance and support as you navigate your way through your new role. It's also important to establish boundaries at work to create a comfortable and productive work environment. By setting clear boundaries and expectations, you can ensure that you are able to focus on your work and achieve success in your field. Furthermore, staying true to yourself is crucial. Don't compromise on your morals or dreams for the sake of fitting in. Embrace your unique qualities and strengths and use them to your advantage. You have the potential to make a valuable contribution to the field, and by staying true to yourself, you can reach your full potential.