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55 YEARS

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## **2024 Women in Construction: Sara Roy, Sanborn, Head and Associates**

March 29, 2024 - Spotlights



Sara Roy  
Senior Project Engineer

What has been the driving force behind your success in the AEC industry? The driving force behind my success has been the support from both formal and informal mentors through the years. Construction project management is a demanding role involving constant coordination between the office and the field teams. These women who took me under their wing have taught me everything from remote construction management to professional networking strategies. I would not be the engineer I am today without these lessons and I am always looking around for opportunities to provide mentorship to those who will follow me in this role.

Who or what inspired you to join the AEC industry? I come from a line of Maine shipbuilders so I have seen many incredible projects be completed through the years. In my career, I have always loved watching the evolution of a construction site from a vacant lot to a completed structure and still get so much satisfaction when I pass by a finished building I helped get out of the ground. I am lucky enough to be able to do this in a part of the country where I grew up and I can share these places with my three sons as we explore New England.

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