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55 YEARS

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## **2024 Ones to Watch - Rising Stars: Sean Foran, Chapman Construction/Design**

June 28, 2024 - Spotlights



Sean Foran  
Assistant Project Manager

“Sean’s unwavering commitment to getting the job done, combined with his collaborative approach and humble demeanor, make him a rising star. His extensive on-site experience enables him to overcome project challenges at a highly proficient level. Sean is a team player and will often take the time to explain concepts and problem-solve on projects beyond his direct responsibilities.” - Tony Brown, Project Executive at Chapman Construction/Design.

In the last 12 months what accomplishment are you most proud of? I’ve always viewed the transition from a boots-on-the-ground field position to the project management side as a learning opportunity and a chance to expand my overall industry knowledge. In the last year, I’m proud of my work in increasing my project management skills, which has allowed me to take on new projects and responsibilities as I’ve transitioned into my new role as Assistant Project Manager.

How do you balance your rising career with your personal life? For me, work-life balance comes in the form of my 8-month-old Saint Bernard named Seamus. He has provided me and my colleagues at Chapman with laughs and joy and the occasional excuse to get outside for some fresh air (when he isn’t asleep under my desk). He reminds me to take a deep breath and step away for a moment when it’s needed.

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