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## **2024 Ones to Watch - Rising Stars: Sean Kennedy, Callahan Construction**

June 28, 2024 - Spotlights



Sean Kennedy  
Project Manager

“Sean has demonstrated an aptitude for client management and an instinct for business development that has proven pivotal in helping Callahan grow its presence in New York and the greater tri-state area.” - Jeff Lavery, Principal at Pedigree PR.

In the last 12 months what accomplishment are you most proud of? Last year I turned over two life science lab spaces for clients in Lexington. Both were fantastic to work with and I am excited to see the great things they will accomplish in their new space. Coming out of the ground at my latest project in Wakefield has been a tremendous accomplishment I am proud of. I owe a huge portion of the success to the great team we have working on the project and can't wait to see the rest of the project unfold.

How do you balance your rising career with your personal life? Having a 19-month-old son at home has put into perspective the importance of being present in the moment. Whether I am in the office or on the job site I try to ensure I am present and maximize my time to guarantee our project is moving forward in a positive manner. Conversely, when I am home I make sure to be present with my family and enjoy all the little moments each day. Just to stay sharp I read “Goodnight Goodnight Construction Site” every night to my son.

Who are the key people in your life that have contributed to your success? My wife is the one who comes to mind first and foremost. She has always supported and believed in me while pushing me to be better each day. I've had numerous people at Callahan help me in my career and I am very thankful for the support and confidence they have shown in me. It is truly a family-oriented company, and I am proud to represent Callahan.

Outside of your career, where else do you seek continuous learning and personal growth? I enjoy working on house projects and fishing. Those two areas are where I spend most of my free time. Lately I've geared my energy towards landscaping and yard work at my house. I enjoy researching and planning the next house project, whether it is retrofitting a pantry door to a linen closet or which fertilizer is best for my lawn. Fishing has always been a passion of mine and I like to learn about new techniques or strategies to catch more and bigger fish.