



CELEBRATING
55 YEARS

nerej

2025 Women in Construction: Kate Helfer, ARCO National Construction | NE

February 28, 2025 - Spotlights



Kate Helfer
Vice President & Operating Partner

What is one project or achievement in your career that you are most proud of, and how did it impact your organization or community? While not tied to a single project, I'm most proud of mentoring my female colleagues early in their careers at ARCO. Helping women navigate a male-dominated industry, develop skills, and build successful careers has been incredibly meaningful. By sharing knowledge, guiding career growth, and fostering inclusion, I've watched them thrive. Their success strengthens ARCO, enhances collaboration, and benefits our clients. Investing in people drives long-term success and seeing them excel has been one of the most rewarding aspects of my career.

Who or what has inspired you most in your career, and what advice would you share with the next generation of women entering the A/E/C industry? Over the past two decades, I've witnessed the growing presence and influence of women in construction. At ARCO, our rising diversity has strengthened the business with fresh perspectives, innovation, and collaboration. As more women lead, we create a more inclusive, dynamic industry. My advice to women entering A/E/C: trust your abilities, seek growth, and advocate for your advancement. Strong leadership and teamwork thrive on diverse voices. Find mentors, build networks, and face challenges with confidence and integrity.

What's your favorite way to recharge or get inspired outside of work? I unwind with good books, and I love sharing that passion with my kids.

Do you have a hidden talent or a surprising fact about yourself that most people wouldn't know? I love cooking and hosting. If not for my career I'd pursue opening a restaurant – maybe I still will!

New England Real Estate Journal - 17 Accord Park Drive #207, Norwell MA 02061 - (781) 878-4540