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2025 Women in Construction: Melissa Field, Fulcrum Associates, LLC

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Melissa Field, ASP
Assistant Project Manager

What trends or innovations do you believe will shape the future of your field, and how are you positioning yourself (or your firm) to be at the forefront? I believe virtual reality training will have a profound impact on emerging professionals across all industries, not just in construction management. It offers the ability to simulate realistic scenarios while ensuring the safety of the user, with applications ranging from simulating medical procedures to operating heavy equipment and testing product design. By staying connected with my community and recognizing the limits of emerging technology, we are able to identify the most effective training methods and create adaptive, engaging opportunities for professional development.

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? What inspires me most are the relationships I share with other women – the deep sense of belonging, unwavering support, and genuine empathy. These connections have authentic trust and openness, where vulnerability is met with understanding, never judgment. It's within these bonds that I've been able to clarify my goals and navigate tough decisions. My advice to the next generation is this: build your support systems early. Expand them, reshape them, and diversify them. They are an invaluable, empowering tool that will guide and uplift you throughout your journey.

What's your favorite way to recharge or get inspired outside of work? I love rewiring old lamps. It's low cost, high impact, and immediate gratification. A triple threat.

Do you have a hidden talent or a surprising fact about yourself that most people wouldn't know? I love to laugh. Cheesy dad-jokes are my favorite.