

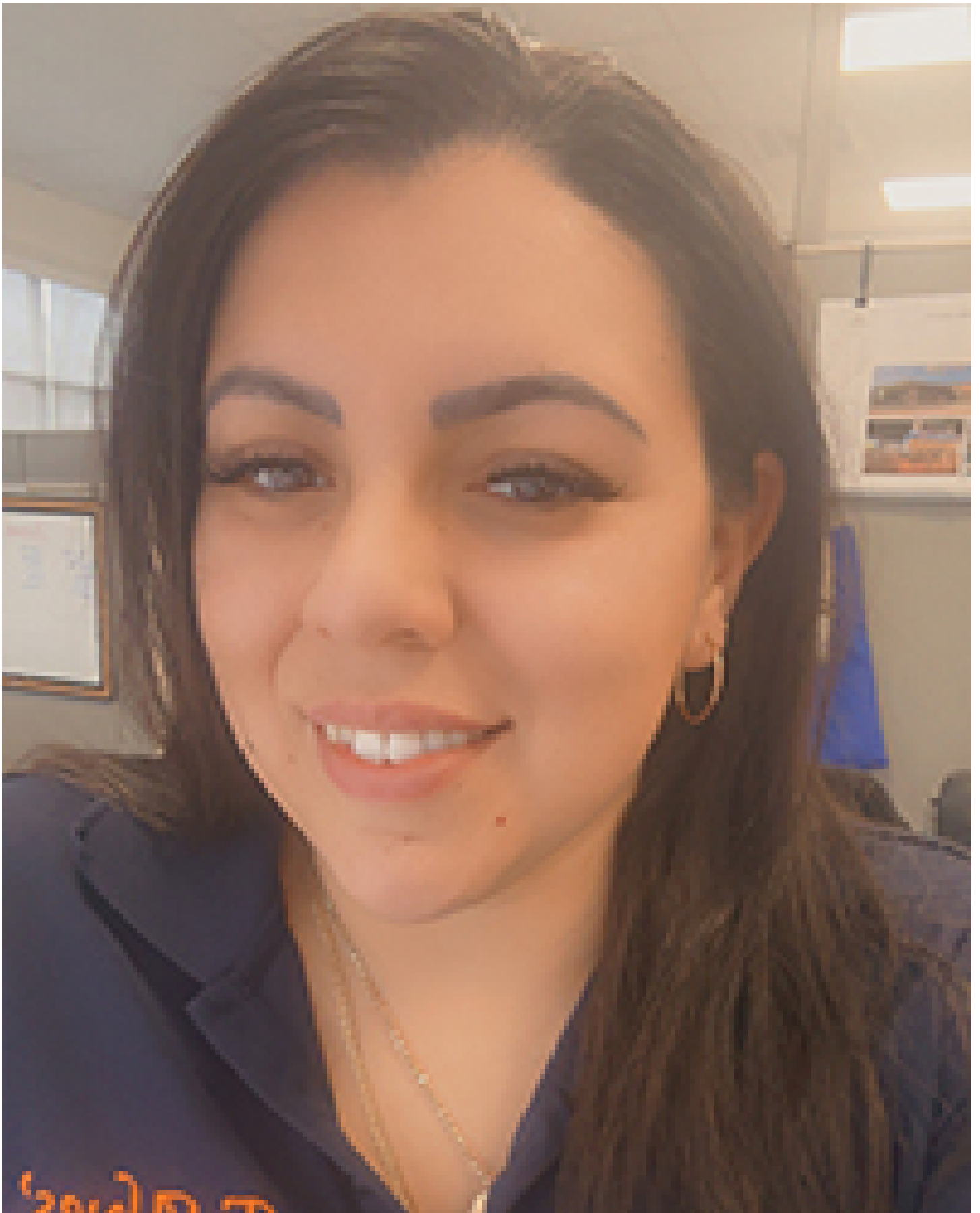


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## **2025 Women in Construction: Sandra Teles, E Alves Cleaning Services Inc.**

February 28, 2025 - Spotlights



Sandra Teles  
Construction Manager

E Alves Cleaning Services Inc.

What is one project or achievement in your career that you are most proud of, and how did it impact your organization or community?: I can't pick just one project that I'm most proud of because each project holds its own value and significance. Some have been more challenging than others, but each has contributed to my growth and the success of the team. What I do take pride in is the opportunity to collaborate with such skilled and supportive supervisors, all of whom have made the process rewarding. Every project, regardless of the difficulty, has been a chance to learn, push boundaries, and make a meaningful impact. It's the collective efforts and positive working relationships that truly define the success of any project, and that's something I'm incredibly proud of.

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?: One trend I believe will continue to shape the future of the cleaning industry is the growing recognition of the importance of post-construction services, particularly cleaning companies. Often overlooked, contractors sometimes forget that without a thorough and professional cleaning team, they only have a dirty building to show for all their hard work. We play a critical role in finalizing the project, ensuring that the building looks its best and is ready for use. At my firm, we're positioning ourselves at the forefront by emphasizing the value of our work in every phase of a project. We are committed to staying up-to-date with the latest cleaning technologies, environmentally-friendly practices, and efficient workflows. By continually improving our expertise and advocating for our role, we make sure that the cleaning process is seen as an essential part of the overall project, not just a finishing touch. Our goal is to ensure that we are recognized as a key player in delivering a polished, pristine final product, helping the building shine long after the construction phase is complete.

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?: To the next generation of women entering the cleaning industry, my advice would be to come in with an open mind. There's so much to learn, and being adaptable and willing to grow is key. Stay focused on your goals, even when things don't happen right away. Understand that competition is fierce, and it might take time to land your first few projects, but don't let that discourage you. Keep pushing forward, and remember that persistence and dedication will pay off. Your time will come—stay patient, stay confident, and always believe in your potential!

What's your favorite way to recharge or get inspired outside of work?: My favorite way to recharge outside of work is by focusing on the positive side of things and embracing the power of teamwork, whether it's with friends, family, or in community activities. I find that spending time in environments where collaboration, support, and shared goals are central helps me feel energized and inspired. Whether it's volunteering, collaborating on personal projects, or simply engaging in a team sport, these experiences remind me of the strength we find when we work together and keep a positive outlook. It's a refreshing reminder that the same teamwork mindset can be applied to both work and

personal life, fostering growth and inspiration.

Do you have a hidden talent or a surprising fact about yourself that most people wouldn't know?:I love helping people in any way possible.

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