



2022 Women in Construction: Theodora Diamantis, Skanska USA Building

March 22, 2022 - Spotlights



Name: Theodora Diamantis

Title: Vice President and Account Manager

Company Name: Skanska USA Building

What was your greatest professional achievement or most notable project in the last 12 months?

As Skanska's cultural and higher education sector lead for Metro New York, I've served key clients within the healthcare and life sciences sectors. Over the last 12 months, I've managed 10 projects totaling over \$1 billion for The St. Nicholas Church Reconstruction, Row New York, a confidential museum client, NYU, Princeton University, Columbia University, Regeneron, The New York Economic Development Public Health Lab and The Westchester Medical Center.

Why should women consider a career in construction?

Construction is an industry that values strength, tenacity, courageousness, and confidence, and I'd encourage all who possess those values—specifically women—to pursue a career path in the industry. Women should especially consider careers in construction to further break barriers and disprove antiquated ideas of what has widely been known and accepted as a male-dominated industry, providing a positive example for those that follow. In my experience, I've seen that women showcase humility, along with the ability to share knowledge and connect with their colleagues to strengthen the overall business, which when brought into managerial roles, makes them strong and effective leaders.

Starting out in the construction business, who or what empowered you?

Construction hinges on the respect gained through experience and knowledge, aspects of the industry that I learned early by watching my father, a self-taught construction worker. I was frequently at his side throughout my childhood, and I learned so much about the industry through observing his work ethic. Additionally, I am empowered by the pride and responsibility I have in my work for the end users and occupants of our buildings. I know that through my efforts, I am delivering a best-in-class project that, in the cases of our healthcare work, make society an overall happier and healthier place.

Who within your own firm has helped you succeed within the construction industry?

I've had the honor to stand on the shoulders of many phenomenal women who have paved the way before me on my path to success and am incredibly fortunate to have several mentors within the organization—at every level and outside of operations—to guide me along the way. Sarah Epifano, vice president of business development is one colleague in particular that greatly helped to accelerate the growth of my career within the company from the start. Skanska USA is an organization that values diversity and has been an incredibly nurturing environment for me as a female executive.

What advice would you offer to other women getting into the construction industry?

Make a point to connect and network with other women at your firm and across the industry. As an integral part of Skanska Women's Network (SWN), the firm's first employee resource group that continues to advocate for holistic change as it aims to Be Better—Together, I support our organization's efforts to promote and nurture a gender-inclusive culture that enables all of us to be "better together." This ethos is part of an important framework that all of us can and should reference as a cornerstone of our daily work as women in the construction industry.

