



2023 Women in Construction: Lauren Brody, Holt Construction

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Lauren Brody
Operational Controller

Holt Construction

What was a pivotal point in your career? Choosing to make a lateral move to another company for a “potential opportunity” rather than take the promotion the current company was offering. I knew the promotion my current company was offering was a better title and more money, but I also knew it would not be a fulfilling and positive experience for me. I took a leap of faith and made a lateral move. While that leap of faith did not pan out to exactly what I expected, it did open doors and lead me to the position I am in today, and I couldn’t be happier.

How can AEC companies recruit more women? It is important for companies to have benefits that support women being able to handle their careers, their family and family planning needs. This could look like a good maternity leave policy, health insurance that covers infertility and flexibility when it comes to working from home to accommodate temporary childcare concerns.

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