



2023 Women in Construction: Meredith Christian, Consigli Construction Co.

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Meredith Christian
Project Superintendent

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In the past year, what project or accomplishment are you most proud of? In the past year, I have been most proud of watching my current team come together and the learning curve that happened with our project. We are currently working on occupational therapy housing units at Bellevue Hospital, a hybrid hospital, and a department of corrections project. There are many nuances that our team picked up quickly and excelled at. Every year, we have interns and an assistant project manager, and watching them grow and learn will continuously excite me.

Which professional associations or organizations would you recommend to women who are starting out in the AEC industry? I belong to two organizations in New York that I find to be excellent. First is Professional Women in Construction (PWC) New York City Chapter, which casts a wide net and includes construction, real estate, developers, and consultants. Through this organization, you have access to incredible conversations that help develop connections across the board. I also belong to the New York Building Congress, a well-rounded organization that keeps you updated on what is happening in the city. I recommend finding something you are passionate about and joining a group that allows you to pursue it.

What was a pivotal point in your career? After reflecting, I don't think I've experienced a pivotal moment in my career, but I have faced one on every project. There has been someone who trusted me to handle something on my own that uniquely challenged me. One project, was managing miscellaneous metals in the field. On another, this was learning to manage five M/E/P subs and finding the middle ground between different designers. Every project has that pivotal point of self-growth, and it is important to give that experience and knowledge back to your team.

How can AEC companies recruit more women? I find myself going back to a young age when answering this question as I stumbled upon the AEC industry. I majored in engineering in college and transitioned into the design world after graduation. After working in the field for the first time, I realized I thrived in this job. However, I never would have known about this in high school or college. Exposure at a younger age, such as career fairs, is an incredible way to spread awareness. For those people that are interested in engineering or architecture, they will now know those opportunities exist.

What is your favorite building in New York? The New York Public Library is by far my favorite building. It is absolutely stunning, and I always have a special place in my heart for buildings I have worked on.

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