

## Word of Advice from EmpowHER Board of Directors

Christina Breitlow (Plumbers):

Skilled trades people are in high demand. We need hardworking, self-motivated, persistent, and reliable people to do these jobs. Any worker that possesses these qualities can find a satisfying career as skilled trades person.

Kilah Engelke (Cement Finishers):

None of this work is easy but the more you learn the better you get at it...if you commit to becoming the best you can be you'll gain the respect from your crew and doors will open all around you for the next chance to take on a new task or learn a new skill. Don't let fear or negative self-talk hold you back...you deserve to be here!

Jennipher Neduzak (Painters and Allied Trades):

You are the future of your trade! Ask questions, attend your meetings, volunteer to help when you can to your union and your community.

Michele Robinson (Electricians):

Don't be afraid to get nerdy about your craft. Talk to old timers, watch YouTube, practice and read up — if you're going to spend years of your life at work stay interested.

Jess Benson (Carpenter/Assistant Project Mgr):

Instant gratification rarely supports long term goals. Networking can pay dividends beyond expectations. Make sure your actions and network align with your goals. Be reliable, consistent, and surround yourself with people who inspire you. There will be difficult times and having a support system will keep you motivated.

Tracey Griffith (workforce development professional):

"EmpowHER provides an environment where women already have a seat at the table and can come together in a safe and supportive space to provide mentoring and support personal and professional growth for each other in an industry that can often be intimidating. I strongly believe that it is never too late to be who you want to be, and when you start believing in yourself, you will see so many doors opening for you.

Pam Fendt (Laborers):

If you have a true interest in working in the construction, and you are willing to do the work to learn and stretch yourself, you can succeed. Opportunities for women to advance in this industry will continue to grow in the coming years.