

BUILD-HER, BE HEARD

1-sentence summary:

Build-Her, Be Heard pairs relevant stories and experiences with prompts to write your own reflections and notes, Build-her, Be Heard acts as a personal growth guide for women, helping them find support and success in their careers in construction or related fields.

*CONTAINS EXPLICIT CONTENT
INTENDED FOR ADULT AUDIENCE

Read In:

This book shares a woman's perspective in the construction industry and allows the reader to input their own thoughts on common issues that women may face in the industry.

Through in text prompts and journaling pages, the book layout provides an introspective approach to allow women to build their career story, inspire more self-advocacy and to inspire those around them. As we all have our independent perspectives and approach on situations impacting us as women in the construction industry, Build-Her, Be Heard understands that there also should not a one-size-fits-all approach when reaching, mentoring and retaining women in these roles.

This book's accessible language makes reading it and following its prompts feel like leaning on a trusted friend or advisor.

Sectioned into weekly readings with self-reflection questions and



activities, each section can be done at the reader's own pace, based on availability. This book is intended to be revisited for future guidance and reflection through their own growth in their career. As reader's read and reflect, and focus on their personal story, experiences, and values, they are able to create their own personal roadmap to success in a male-dominated industry. Allowing space to build upon their story can encourage women to be more open with sharing this with others.

Additionally, a "group leader" guide is included at the back of each book to allow women to initiate small group settings within their direct reach. Build-Her.Org also offers printable versions on our website.

Intended Audiences:

Young adults aiming for a career in construction or trades, to begin to establish boundaries and begin to document their journey.

Early Career and Career Transitions new to the industry but still have experiences to grow upon and to inspire connections within their direct reach.

Mid-Career self-reflection and sharing, allows women with experience to outline their personal journey and lead in having discussions with others.

Male allies and advocates are also strongly encouraged to read and also take part in these conversations. Allowing them to grow in understanding and reflection to support the women on their team.

Excerpt from the Book:

"...the goal of this book is to give you confidence that you are not alone in some of these struggles and to give you the ability to better understand yourself and where you are at in your career today."

Table of Contents:

- Preface
- Introduction
- Week 1: Why Choose Construction?
- Week 2: How We Got Here
- Week 3: Seek Others and Be Heard
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- Week 5: Consistently Persistent
- Week 6: Finding Career Support
- Week 7: Health and Well-Being
- Week 8: Trigger Warning!
- Week 9: What about...?
- Week 10: Continuing Forward
- In Closing
- Acknowledgments
- Group Discussion—Leader's Guide
- References

BUILD-HER.ORG

Build-her.org is a nonprofit 501(c)(3) organization that aims to support women in construction by encouraging self-discovery, self-development, and sharing their unique stories, as well as connecting them with stories of similar women in the industry.

RENAE SAMS

Author, Founder & Executive Director



Renae has eighteen years of construction industry experience that spans from being in various roles and levels in the industry. Renae attended the University of Southern Mississippi for Construction Engineering Technology, starting college several years into her career, it has been her personal goal to continue learning in her career from taking additional courses and also learning from others. Renae's passion is to continue encouraging and empowering women to feel comfortable with their current achievements and progress so that they can continue to actively inspire others so that we see a growth in women in construction and the trades as well as a heightened focus on retaining women in their careers in the industry.