

MEET THE MENTORS

Sophie Riley, Parkeray



Why do you think the BCO is important?

Why did you join?

I think the BCO is important for setting industry standards and working towards building a collaborative approach for excellence across the built environment.

What made you want to become a mentor?

I am an advocate of supporting our future generation of people into the industry. Having entered the industry by chance 14 years ago, I am passionate about mentoring young professionals to set and achieve their goals, providing guidance and encouragement as they navigate challenges. Being a mentor is a two way process, it's about communication and learning from each other.

What has been your biggest achievement as a mentor?

Being able to support and being a sounding board for all but in particular, being able to demonstrate to young mothers that they can progress in their careers as well as having a small family. The knowledge alone that this is a possibility is still unfortunately not commonly perceived in some of my mentees.

What are you most proud of in your career?

This is always a hard question to answer. The people who I have worked alongside have really shaped my career development and I would not be in the position I am today without them. I am proud of the training we do with some of our younger team members, passing on that knowledge and in turn developing them.

What is the most useful piece of advice you've received during your career?

In an ever evolving landscape, being adaptable and having an understanding of different ways of working and how to approach things from a different angle

To meet our other mentors or find out more about how to apply to the Mentoring Programme, visit the [BCO Website](#)