

# MEET THE MENTORS

## Alex Soltynski, Built UK

**Why do you think the BCO is important? Why did you join?**

The BCO sets the standard for great office design and helps share the future of workplaces. I joined to learn and keep abreast of innovations in our industry, as well as to connect with people and organisations who share my passion for innovation and improving the way we work. It's also given me an amazing chance to collaborate with others who are just as excited about workplace design as I am.

**What made you want to become a mentor?**

Having a few trusted mentors I can turn to has really shown me the value of a strong mentor-mentee relationship and how much both sides can gain from it. Whether it's offering guidance on major decisions or sharing a fresh perspective on smaller challenges, their insights have been incredibly helpful and something I truly appreciate, and I relish passing on my knowledge to others in the same way.

**What has been your biggest achievement as a mentor?**

One of my proudest moments as a mentor has been seeing a mentee flourish in her career, recently earning a promotion to her company's senior leadership team as the only woman in that group. We've been working together for a few years and I'm so proud of her dedication and hard work in developing her career. It's been a privilege to support her on this journey.

**What are you most proud of in your career?**

I'm really proud of the network I've built within the industry. With over 25 years of experience across nearly every discipline in the construction sector, I've gained a strong understanding of different perspectives, no matter which 'side of the table' I'm on. Being part of an amazing team is incredibly rewarding, but at the end of the day, it all comes down to people and relationships – and that's what I value and take the most pride in.

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

Always be kind, authentic and take responsibility for yourself. Relationships are crucial – both within our organisations and across our broader network. While navigating these connections can sometimes feel overwhelming, striving for meaningful relationships can create a foundation where everything else, including career progression, naturally aligns and falls into place.

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