

# Life at CPC



**Rosie Teggin**  
Quantity Surveyor

Describe your typical day...

My typical day is generally a mixture of meetings with clients and contractors, as well as visits to review the progress of a scheme and undertaking valuations. The admin side of the role, includes meeting minutes, payment notices, instructions etc., therefore has to be slotted around my day.

How did you get started?

I actually 'fell' into the role of being a Quantity Surveyor! I started working at my previous firm in an admin role and they offered to assist me with my post graduate qualification to become a QS. I started formal training in 2011 and never looked back.

What do you love about your job?

I love the variety of my job. No two days are the same and I am not always at my desk. I get to visit building sites across the north of the UK, as well as chair progress meetings for our clients. Each day, I am faced with new challenges that make my job interesting. The roles of quantity surveyor, employer's agent and project manager are progressing all the time which means the skills set is always expanding, so there is never a dull day.



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What advice do you have for those thinking about a career in construction?

My advice would be to do some research into the large number of career options within the industry. Also, try and get some work experience to see if, for example, quantity surveying or project management suits your skills and personality.

What do you like doing outside of work?

I like to bake and exercise, not that the two really go hand-in-hand. During the last 12 months, I took up running to support my husband who was training for a half marathon. It turned out I enjoyed it much more than he did and I have kept it up. I find that getting outside gives me a clean break from my working day and allows me to clear my mind.

What has been your biggest challenge since the Covid-19 pandemic?

My biggest challenge has been to stay motivated with work and exercise during the strict lockdown. I found that setting a routine for my days really helped. So, I would try and work to the same routine, and give myself a cut-off point at the end of the day to stop working.

What is/would your alternative career be?

I never really knew what I wanted to do from a young age or anything. I have an English and American literature degree, so people always assumed I wanted to be a teacher. But I think I probably would have been a personal trainer. I have a keen interest in fitness, like working with other people and like to think I can be supportive.