**Welcome Cathy, the New AGC Staff Liaison**

Cathy Bedell is the new Educational Outreach Coordinator with AGC. She was brought on to manage AGC Trainings, work with the Future Leaders Forum, and the Northern Committee. Before coming to AGC, Cathy worked with several other professional associations. She brings with her years of experience in association management, volunteer coordination, event planning, fund raising, and marketing. Cathy is an empty nester with two sons away at college. She is also transplant from the Pacific Northwest who enjoys skiing, hiking, biking, and anything else that gets her outdoors in her spare time.

---

**Welcome New Members**

- **Clinton Thurston**, Industrial Constructors/Managers, Inc.
- **Marcus Kirkwood**, Outpost Construction Supply
- **Nikol Hall**, Concrete Frame Associates
- **Riley Levy**, Concrete Frame Associates

---

**Lisa Seaman**

Lisa Seaman is the now Workforce Manager for the Construction Education Foundation, powered by the Associated General Contractors of Colorado. Lisa oversees the Careers in Construction and High School Construction Connection programs, both of which bring construction employees, industry information and career opportunities to high school students in the Denver metro area. In conjunction with these programs, Lisa works with construction employers to establish hiring practices for high school students, while taking construction classes in school and upon graduation. Lisa also sits as a convener on the Denver Metro Construction Sector Partnership, is a member of the State of Colorado Industry Intermediary Consortium and advises the Innovative Industries Internship Grant program. Believing that success has many definitions, Lisa takes pride in working with various stakeholders in the industry to expose younger generations to the abundance of careers and benefits available to them in construction. Born and raised in Denver, Lisa understands the importance of tackling the construction workforce shortage head-on to support the continued economic growth of her hometown. Lisa lives in southeast Denver with her husband, who also works in the construction industry, and their 3 teenage daughters. The family can be found at swim meets, at the theater, watching volleyball or on the slopes of Colorado's mountains.

---

**Wishing Lisa nothing but the best on her new endeavor!!**

If you have questions or would like more information about membership with the Future Leaders Forum, please visit www.agccolorado.org or contact:

Cathy Bedell
cathy@agccolorado.org

Kyle Tillery
ktillery@a-p.com

Elana Hawkey
elanahawkey@gmail.com
UP NEXT:  
February 13, 2020  
The Future is Now:  
How Today’s Tech is Disrupting the World’s Oldest Industry  
James Benham, CEO of JBKnowledge will be speaking about VR, augmented reality, drones, construction technology and more!

Location: Denver Marriott West  
1717 Denver West Blvd., Golden, CO 80401

Check-In/Networking: 2:00-3:00 PM  
Presentation: 3:00-4:30 PM  
Social/Networking: 4:00-6:00 PM

January 26, 2020 Recap  
Time Management - Proactive vs. Reactive

Bill Shepard with Portocol Business Strategies took the group through an interactive session on Time Management.

How can you manage time more effectively? 
1. After thinking through the purpose of each item, create a to-do list! 
2. Assess the highest and best use of your time - prioritize! 
3. Take a “power hour” to plan your day.