

Hear from Lilee

Building Services Engineering Apprentice

One of our inspiring young women in construction

Just two months into her apprenticeship, Lilee has already begun shaping her path in the construction industry. Inspired from a young age by her Dad's career, she always felt naturally drawn to the world of building and engineering.

In September, she secured employment with her host company, Mace, and is managed by her Apprenticeship Manager, Sarah, from CoTrain.



"My Dad's worked in construction since I was a baby... getting to hear about all the different projects he worked on at the end of the day was so interesting to me even as a child... as I grew older, I began to understand it more and realized it was something I would love to take on as a career."



Highlights so far?

- Getting to be on site every day
- Speaking to professionals from different areas of the industry
- Hands-on learning with various teams

Looking forward to?

- The factory visits
- Flying out to Venice!



Being a woman in a male-dominated industry

Entering a traditionally male-dominated industry brings both challenges and powerful opportunities for growth. As the only female MEP apprentice on site, Lilee recognises the stigmas that still surround women pursuing technical and engineering roles.

“You can tell people sometimes look at you like... ‘Oh, you’re an engineer? That’s a bit odd.’”

The sense of being an exception comes not only from men, but sometimes even from other women. It’s a reminder of how deep-rooted the stereotypes can be. But for Lilee, they also serve as motivation. She believes strongly that passion doesn’t have a gender - and that interest in engineering or construction should never be dismissed simply because the industry has historically been male-led.

“What I tell myself is if I keep doing and keep working as hard as I am, eventually I may end up doing my job better than they are. That’s what motivates me.”

Whilst building her career, Lilee is also breaking down the stigma that keeps many young women from even considering construction - proving they belong there just as much as anyone else.

Lilee’s advice

“Go for it and make a promise to yourself to not give up... never let anyone overlook your brains and knowledge because you are a woman... always make yourself seen and heard in a room.”

Lilee encourages young women to pursue apprenticeships with confidence and commitment, even when the path feels challenging. Her advice is simple: stay determined, trust your abilities, and claim your place in the industry with assurance.



CoTrain’s support

Lilee’s ongoing communication with her Apprenticeship Manager, Sarah, has made her transition into the apprenticeship smoother, reinforcing her confidence that she is supported every step of the way.

Ready to start your own apprenticeship journey? Contact Mark for more information. Details below.