

JULY 2025

CORENET YOUNG LEADERS NEWS UPDATE



OUR RECENT CORENET YOUNG LEADERS SPRING SOCIAL WAS A HIT!

In May we had the pleasure of hosting our annual Spring Social, welcoming 150 young leaders for an evening of networking and a friendly game of Boules.

A huge thank you to everyone who joined us — and a special shoutout to our amazing sponsors: Gleeds, Trainor Stone & Tile, The Workstation, QOB. For access to the photos [CLICK HERE](#)



OUR NEXT EVENT... NETWORKING NETBALL



Netball is kindly sponsored by

Tsunami Axis 

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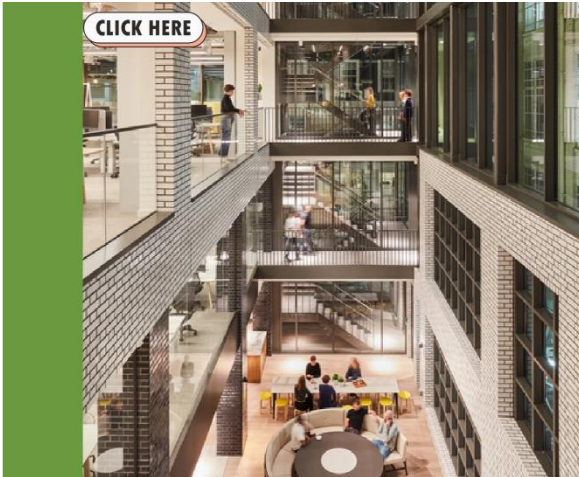
 ART HEALTH SOLUTIONS

 overbury

Our wellness inspired event returns on Wednesday 23rd July. As we will host our fast paced, exciting, and wildly competitive 'networking netball' event for the second year! We will welcome 64 Young Leaders will be divided into mixed teams! Following the matches we will celebrate with an awards ceremony and much needed refreshments. Start stretching as its game on!

BOOK NOW

WEDNESDAY 24th SEPTEMBER - OUR SKILLS WORKSHOPS RETURNS



TICKETS ON SALE!

Join us at CBRE's Henrietta House our second Skills Workshop, The power of impactful networking! We all network, but is it impactful? This workshop will teach the skills necessary to make the most out of all networking opportunities by ensuring you're having meaningful conversations that lead to opportunity.

These are industry-leading workshops focused on upskilling the next generation. These workshops will focus on teaching the commercial skills needed to accelerate their careers, improve their communication skills, and enhance their ability to network effectively both internally and externally.

WIDER CHAPTER UPCOMING EVENTS

DEUTSCHE BANK DIVERSITY ART TOUR

For over 40 years, Deutsche Bank has been supporting new artistic talent and original ideas. The art on display demonstrates Deutsche Bank's values around Diversity and Inclusion: over 100 artists from over 27 different nationalities, 49% are women, transgender or non-binary, and 48% are people of colour. Join us for this exclusive guided tour of the collection and learn more about the story each piece tells.



Pioneering Innovation, Building a Strong Future for Corporate Real Estate

[CLICK HERE](#)



CORENET EMEA SUMMIT IN AMSTERDAM

8th - 10th September 2025 CoreNet Global Summit - EMEA will focus on pioneering innovation and building a strong future in the corporate real estate (CRE) profession.

Innovation in CRE is about more than embracing new technologies—it is about reimagining workspaces, optimizing portfolios, driving sustainability, and fostering inclusivity.

THE OCCUPIER ROUNDTABLE: DESIGNING CRE TEAMS FOR SUCCESS

'End Users' are invited to join us for a Fireside Chat with industry experts who will discuss the value, purpose and future of the Corporate Real Estate team. A Roundtable Discussion will follow with experts who will share their experiences in how to optimise, transform and grow a CRE team.

What does a successful CRE team look like to you? How can CRE demonstrate tangible value? What are the benefits of different CRE models?

And perhaps most importantly, what will the CRE team look like in the future?

WEDNESDAY 17TH SEPTEMBER AT 8AM

[CLICK HERE](#)

UK YOUNG LEADER OF THE YEAR WINNER 2025



SAM DAWSON
ASSOCIATE COST MANAGER
TURNER & TOWNSEND ALINEA

WHAT WAS YOUR PATHWAY INTO THE INDUSTRY?

After completing my maths degree, I was keen to find a career that combined analytical thinking with variety - something that wouldn't keep me tied to a desk all day and offered the chance to work in diverse environments. I had also been working part time as a joiner for my dad's business and knew I enjoyed construction. That's when I discovered the role of a QS.

I joined the graduate scheme at Currie & Brown, where I completed my master's in Quantity Surveying while gaining hands-on experience across a range of projects, from office new builds to fit-outs. I later moved to Turner & Townsend to focus on the Corporate Real Estate market and contribute to the business's digital transformation goals.

Since achieving chartership, I've taken on a broader role leading on social value within my team, delivering across key projects, and heading up our eTender platform for the UK. It's been a rewarding journey so far, and I'm excited about what's next.

WHY DID YOU CHOOSE CORPORATE REAL ESTATE AS AN INDUSTRY?

I was drawn to Corporate Real Estate because of its fast-paced, ever-evolving nature. There's lots of areas where you can make a positive impact – even if it's not your core responsibility. More specifically, I genuinely enjoy procurement and tendering - it's such a critical part of a project's success, and I find the complexity of market dynamics and stakeholder relationships really engaging. Working in this space means I get to be hands-on with those elements regularly, which keeps things challenging and rewarding.

WHAT ARE CHALLENGES YOU FACE WITHIN YOUR ROLE?

One of the biggest challenges is time. It's a bit of a love-hate relationship; I thrive in a fast-paced environment, but it also means there's constant pressure to keep things moving efficiently within budget. My advice? Bring cost management on board as early as possible. They can add real value by supporting landlord contribution and TRM negotiations, aligning the brief with the budget, and helping to define the right procurement and tendering strategy from the outset. It sets the tone for a smoother, more successful project delivery.

AS YOUNG LEADER, WHAT ADVICE WOULD YOU GIVE OTHER MEMBERS WITHIN THE INDUSTRY?

My advice would be to follow what genuinely interests you. Corporate Real Estate is such a broad and diverse industry that there's plenty of room to align your personal passions with your professional path. When you focus on what excites you, you naturally build connections, grow your network, and develop your skills in a way that's enjoyable and rewarding.

WHAT IS A STANDOUT MOMENT OR YOUR BIGGEST ACHIEVEMENT IN YOUR CAREER?

Achieving an Academic Excellence award for my research in avoiding non-compliant tenders, RICS chartership and now the CoreNet Young Leader of the Year award!

WHAT ADVICE WOULD GIVE OTHERS WHEN COMPLETING THEIR SUBMISSIONS FOR YOUNG LEADER OF THE YEAR?

Take a look at previous winners' submissions - they're genuinely inspiring and give a great sense of what to highlight in your own. That's actually where I got the idea to include a testimonial, which I think really helped (and was lovely to receive!). It's all about showcasing your impact in a way that feels authentic to you.

WHAT ARE SOME OF THE BENEFITS OF WINNING?

One of the biggest highlights was meeting the judges. It was a fantastic opportunity to hear about their career journeys and get advice from such a range of perspectives. I'm really looking forward to staying connected and learning from them over time.

Another major benefit is the chance to attend the Global Summit - an incredible platform to meet others in the industry, share ideas, and keep growing. If you're planning to be there too, feel free to drop me a message on LinkedIn - it'd be great to connect ahead of the event!

WHAT ARE YOUR THOUGHTS ON INDUSTRY TRENDS?

I wrote about this in my submission, a major innovation to watch in corporate real estate is the integration of carbon intelligence into cost management and digital design - what I see as the rise of 6D BIM.

At Turner & Townsend, I have delivered one of the first dual-currency estimates: not just in pounds, but in embodied carbon. Using our RICS compliant carbon calculator, I assessed the carbon impact of materials and systems early in the design process. This allowed me to identify high-carbon elements and work with design teams to revise them, reducing emissions before construction even begins. To this date, the project is meeting its embodied carbon aspirations.

While 5D BIM (3D design plus time and cost) is well established, the next evolution is 6D BIM, where carbon becomes a core metric alongside cost and schedule and is digitally linked. This shift is incredibly exciting because it aligns commercial decision-making with environmental responsibility.

To fully realise this potential, we need better data for more consistent benchmarking of embodied carbon across materials and systems. With richer datasets, we can make more accurate assessments and drive smarter, lower-carbon design choices.

This development is one to watch because it empowers CRE professionals to lead on climate action delivering spaces that are not only industry-leading workspace but also aligned with global sustainability goals.



WHAT LESSON HAVE YOU LEARNT WHICH YOU THINK IS MOST VALUABLE TO YOU NOW?

One of the most valuable lessons I've learned is not to be afraid to ask what might seem like "silly" questions. Early on, I hesitated - especially as a young woman in the industry - because I didn't want to be seen as less capable. But asking those questions has been key to building my understanding of the wider Corporate Real Estate disciplines. It's often the simplest questions that lead to the most meaningful insights.

WHAT WORDS OF ENCOURAGEMENT WOULD YOU GIVE OTHERS TO APPLY?

Go for it! You might be surprised by just how much you've achieved; it's a great opportunity for self-reflection and can really help clarify your direction moving forward.

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[CoreNet Global UK Chapter](#)

A BIG THANK YOU TO OUR NETWORKING NETBALL SPONSORS 2025!
READ MORE ABOUT THEM:

Tsunami Axis

CoreNet Netball 2025



“
Delivering tailored
furniture solutions
for workplaces
across Europe

Tsunami Axis is one of Europe’s leading commercial furniture specialists, partnering with clients across the UK and Europe to deliver tailored solutions for workplaces in transition. With a focus on sustainability, innovation, and end-to-end project support, we work with global corporates, designers, and developers to bring spaces to life, from first briefing to final installation and beyond.

Our group also includes specialised divisions in ethical clearance, laboratories, and operational services, enabling us to support projects at every stage of the workplace lifecycle.,



Alana Mako
EcoClear Project
Coordinator



Ben Dunn
Junior Designer



Emma Haldane
Sales Graduate



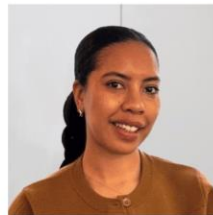
Emma Tilsley
Marketing Executive



Ethan Jones
Sales Graduate



Lakeisa Fears
Accounts Payable Assistant



**Nicole Whitmer-
Bramble**
Junior Project Manager



Riddhi Lodhia
Design Manager

Who are we?

Turner & Townsend alinea is a 400-strong team dedicated to providing exceptional cost management services in London.

We have established ourselves as a distinctive and innovative presence in the London real estate market, consistently providing excellent service to our clients while also leaving a positive impact on society, the environment, and the economy through the many projects we are involved in.

Collaborating with clients and designers on exciting projects, we leverage our specialist expertise, cutting-edge digital tools, and personalised client approach to set new standards for cost consultancy for both our clients and employees.

Having such a vast portfolio of projects across many sectors allows us to have unrivalled and unique knowledge, the most powerful data and insight, evidence rather than 'talk', and influence, leverage and buying-power in the market.










We transform together.



Meet the team

We are delighted to be sponsoring the CoreNet UK Young Leaders Mixed Netball Tournament – meet the team below.

| Our hosts | Our team | |
|---|---|---|
|  Rosy Watts Project Director |  Dave Carr Associate Director |  Arthur Bateman Cost Manager |
|  Gordon Graham Director |  Henry Long Cost Manager |  Ryan Middleton Cost Manager |
| |  Archie Gemmell Assistant Cost Manager | |





The workplace consultants powering your organisational success through the science of human health & performance.

WHO ARE WE?

Our vision is a world with healthier, happier, and higher-performing people. We help organisations create best-in-class workplaces by combining science and data to remove guesswork from workplace design and strategy. Through our unique blend of objective and subjective tools, we benchmark the impact of the working environment on health, wellbeing and performance, giving organisations human-centric insights that drive better decisions and smarter investments for people-first spaces.

MEET THE TEAM

| CORENET YOUNG LEADERS | | |
|---|---|--|
|  Ellie Caley Senior Consultant |  Max Jennings Consultant |  Phill Bell CEO |
|  Josh Jackman COO |  Mark Flynn Innovation Director |  Joe Kupusarevic Senior Consultant |
|  Mary Curristin Consultant |  Georgie Simpson Consultant |  Maria Wallace DP & QMS Manager |



Whether you're redesigning spaces, rolling out new features, or refining hybrid strategies, ART Health Solutions provide the evidence you need to create environments where your people thrive.

 www.arthealthsolutions.com

CLIENT TESTIMONIALS

“Too often real estate is measured only in financial terms, whereas the true measure should be the value (or not) of the employee experience and productivity it derives. ART Health Solutions helped us quantify and define this value so we in turn can make more holistic portfolio and workplace decisions.”

-Transition Director, Consumer Health, Worldwide Real Estate

“ART Health Solutions have been helping us bring leading insights to clients on health, happiness and productivity at work. The studies are eye opening and makes a clear case for putting Wellness and Health front and centre of the workplace as it is allowing us to truly measure the performance of our new market-leading workplace.”

-UK Real Estate Director

OUR LATEST UPDATES



[LEARN MORE](#)

MEASURING ONE OF THE WORLDS HEALTHIEST WORKPLACES

We recently partnered with GSK, embedding Workplace Science into their recent HQ transformation. We co-created a research framework that measured cognitive, physical and mental performance. Insights from live pilot data ahead of the move shaped 15 work settings, informed global design standards and brought wellbeing to the forefront, through data-led experimentation and design innovation.

ART HEALTH: THE WORKPLACE SCIENCE SURVEY

Recognised by the International WELL Building Institute (IWBI), our science-backed CO4 survey helps organisations capture real employee insights into factors influencing health and workplace experience, giving you the clarity needed to make informed decisions and demonstrate the impact of workplace strategies.



[LEARN MORE](#)

CASE STUDIES



MEASURING THE IMPACT OF OFFICE NOISE SOLUTIONS ON PERFORMANCE AND WELLBEING

Our client wanted to test acoustic soundscaping to measure the effect on employee cognitive performance, productivity and wellbeing. This study provided a quick win, which would otherwise have cost the client significant money and time resources to the detriment of employee satisfaction and experience. By utilising innovative solutions and effective measurement, the client avoided unnecessary expenditures and improved workplace performance.

[LEARN MORE](#)



MEASURING THE IMPACT OF MICRO BREAKS ON PERFORMANCE AND WELLBEING

Our client aimed to quantify the effect of encouraging daily micro breaks as a cost-effective strategy to improve employee cognitive performance, productivity and wellbeing. The findings and actions delivered through this project allowed the client to understand the science behind taking a break, supporting them to introduce ways of working to promote healthy behaviours. This initiative led to a workforce that is higher performing, less stressed and less fatigued.

[LEARN MORE](#)



A PROUD SPONSOR FOR THE CORENET YOUNG LEADERS 2025 NETBALL TOURNAMENT



Conor McBreen
Construction Manager



David Kinnane
Contracts Manager



George Burrows
Contracts Manager



James Patmore
Senior Project Manager



Josh Barrowcliff
Technical Bid Writer



Katie Thomas
Business Development



Sarah Kelly
Business Development
CoreNet UK Young Leader
Vice President

Passionate people. Exceptional projects. Delivered precisely as promised.

With a strong track record of successful fit out projects throughout the UK, we tailor our approach by assembling expert teams based on project size, sector and location. Each year, we complete around 250 fit outs, with 80% of our work coming from repeat clients.

Our regional offices in London, Bracknell, Birmingham, Manchester, Leeds and Glasgow ensure we offer true nationwide coverage.

We are committed to driving positive change in the construction industry by championing diversity and inclusion. Our initiatives include promoting flexible working, maintaining an equal opportunities recruitment process, and partnering with schools and colleges to inspire the next generation of talent.

We also support a wide range of apprenticeships and sponsor professional qualifications to help people build rewarding careers.

www.overbury.com

WARM UP BY TAKING THE STAIRS & CHECK OUT OUR CLIENTS STATEMENT WORKPLACE STAIRCASES

KING & SPALDING, BISHOPSGATE

At the heart of King & Spalding's London office stands a breathtaking architectural centrepiece - a sweeping helical staircase that seamlessly connects its employees across all five floors. More than just a striking design feature, this staircase embodies the elegance and precision that define the firm's workspace. The installation of such a staircase required a carefully considered approach due to the building's cellular floorplan and limited goods lift access. With efficiency being key to King & Spalding's brief, we leveraged our expertise in time management to develop a detailed delivery plan, ensuring a seamless and innovative installation.



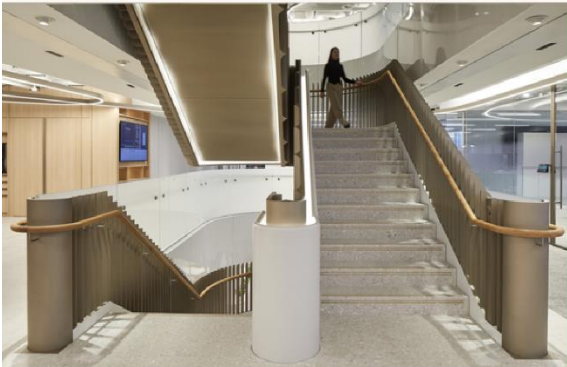
JULIUS BÄR, FARRINGDON

In Julius Bär's sophisticated office, a solid oak spiral staircase was the perfect choice - elegantly crafted to complement the space's industrial flair and enhances the carefully curated design.

Installing the staircase required close collaboration with structural engineers to navigate potential challenges and ensure flawless integration. Positioned alongside custom lighting, it brings the client's vision to life, blending craftsmanship with contemporary elegance.

ARUP, LEEDS

Arup's project embraced sustainability at every stage, with 60% of existing furniture seamlessly integrated into the new design - a strategy that reduced waste while maintaining both quality and aesthetics. This commitment extended to the design and installation of the statement timber staircase. By repurposing the concrete slab removed during construction to form the staircase base, we created a striking architectural feature that seamlessly connects Arup's employees across the two office floors. The result is not only a bold focal point but also a testament to resourceful design, perfectly aligning with Arup's sustainability vision.



CAPITAL GROUP, PADDINGTON

Capital Group's timeless new office was completed with the perfect finishing touch - an impressive staircase that embodies both sophistication and precision. As a key element of the brief and one of the most complex aspects of the project, its installation required meticulous logistical planning. To navigate the installation, we worked closely with the base build contractor and held workshops with multiple trades, ensuring seamless execution. By separating the staircases from the main project, we kept progress on track, delivering a standout design that complements the office's refined elegance.

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