

## MY WEEK

# Work, rest and play during a busy week



## SALLY LEWIS

Associate director at quantity surveyors, Armsons

### MONDAY

After an enjoyable weekend of gardening and successfully completing my level-four accreditation on the track at Derby Arena, it is back to work with an early-morning client meeting in the centre of the city for our monthly progress meeting with a national nursery provider.

The meeting is an opportunity to review each project we are involved with, confirm progress, raise queries and confirm instructions.

Once back in the office, I spend my afternoon reviewing a case file for an expert witness instruction.

After my walk home through the beautiful Darley Park, I manage to drag myself out for a 5km run before settling into my evening domestic chores.

### TUESDAY

I have only recently joined Armsons as an associate director and, as part of my new role, am responsible for growing the building surveying services.

I make time to review the tender opportunities advertised to see if there are any to bid for, including building surveying, quantity surveying and project management tenders which cover the spectrum of services provided by Armsons.

I then get in touch with contacts I have to arrange B2B meetings.

My day is finished by attending a Royal Institution of Chartered Surveyors event, hosted by the Derby Local Group.

### WEDNESDAY

My morning starts with a personal training session between 6.30am and 7.30am, as part of my preparations for the Prudential London 100 ride at the end of July and the Derby City Half Marathon in October.

I then pay a quick visit to the office before heading off to the Derby Property Summit.

It is great to see the Marketing Derby 2016 video called Me, Myself and Derby, available on YouTube – definitely worth a watch!

The event is very well attended and it's nice for me to see some familiar faces. The presentations

are informative and Derby City Council announces the three development sites that have been brought forward to market.

In the afternoon, I go to Burton Albion Football Club to represent Armsons at a meeting regarding the feasibility for potential additional seating, now that the club has been promoted.

### THURSDAY

My focus for the morning is to start writing up the minutes from yesterday's meeting at Burton and compiling the project directory.

The remainder of the day includes setting up a defects inspection site visit for next week, creating my Armsons CV and submitting my expenses.

I pop out at lunch to Park Farm and visit my favourite gift shop, Little Mooch. After work, I vote in the EU referendum and then head out on a 25-mile bike ride.

### FRIDAY

Early morning wake-up. I check the results of the EU vote and am somewhat surprised – I had not anticipated that decision.

I spend the morning completing my meeting minutes and setting up the next project meeting.

I am the Royal Institution of Chartered Surveyors counsellor for one of the graduates at work, who is starting his Assessment of Professional Competence.

We meet to go through the process and the documentation.

Then it is home time and ready for a relaxing weekend, which starts with a walk into town with my mum to have a catch-up and a glass of wine or two.

### SATURDAY

My day is spent pottering at home, doing the washing and wrapping birthday presents for friends, before getting ready to go out and meet one of my best friends, Julie, in Derby.

### SUNDAY

I get myself out with one of my cycling buddies, Sasha and we do one of my favourite 25-mile routes – out to Mickleover, Etwall, Willington (with an obligatory stop for a cappuccino at the marina), through Findern, Mickleover and back to Derby.

My day is finished by catching up on some of the Euro 2016 football and cooking dinner.

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