Green Building Activity in Bulgaria with Vessela Valtcheva-McGee | Transcript

Intro (<u>00:02</u>):

Welcome to Green Building Matters, the Podcast that matters for green building professionals. Learn insight in green buildings as we interview today's experts and LEED and well we'll learn from their career paths, war stories and all things green because green building matters and now our host and yes he has every LEED and WELL credential. Here's Charlie Cichetti .

Announcer (<u>00:33</u>):

Be sure to check out the green building matters community where you can have unlimited exam prep for any of the professional credential exams you're tackling next as well as putting your continued education on autopilot, saving time with GBS, reporting your hours on your behalf. Check it out. Gbes.Com/Join now. Enjoy this episode of the green building matters podcast.

Charlie (<u>01:01</u>):

Hi everyone. Welcome to the next episode of the Green Building Matters podcast. Today we're going to be talking to Vessela Valtcheva-McGee and she's got ties to Georgia where I'm based, but she's actually over in Bulgaria, so I can't wait to kind of track down her journey through this green building movement and going from the States to Bulgaria and back and forth and Vessela , welcome to the podcast.

Vessela (<u>01:22</u>):

Thank you. Glad to be here.

Charlie (<u>01:24</u>):

Well, I'd love to just have you take us back, where'd you grow up and then where'd you go to school?

Vessela (<u>01:30</u>):

Okay. That's a long story. I was born in Bulgaria where I lived for the first seven years, I guess the most important years of one's life supposedly after which my parents moved to the Middle East, which is where I grew up. And then I went to college in the states in Georgia, actually Savannah College of Art and Design where I studied architecture. So my background is all over the place that I lived in the US for over 20 years. And then, decided to move back to Europe and decided to do a postgraduate program, since I have a master of architecture at Cambridge University in England where I studied business sustainability leadership, which was a couple of years ago.

Charlie (02:21):

Fantastic. Now when you were maybe at SCAD a wonderful school here in Savannah, I know they've opened a campus in Atlanta, close to where it sounded like the focus was on architecture at the time, but then you start getting into sustainability then or did that happen maybe after some time with South Face or take us back to that early career? When did you know, gosh, I really want to do sustainability?

Vessela (<u>02:46</u>):

Well, I think, you know, for me sustainability became ingrained growing up in Bulgaria during communism actually because when I was a kid it was still a communist country and we recycled everything and it was just a way of life. I remember as a kid, my grandmother sending me to the store every day, which was around the corner, everything was very close. All the amenities, which is now a point in the LEED rating system. Everything was real, real close walking distance. So even a child of eight, you know, go to the store, return the bottles of the glass bottles of milk and the glass containers for yogurt and get new, you know, new yogurts and new milks and new drinks and always with a little meshy bag, which is very popular these days in California. So I remember that very well.

Vessela (<u>03:37</u>):

And also just living seasonally and living off whatever is available from the land locally, that's how I grew up. So for me, the transition to the US was kind of a shock when I was 18, which is when I went to the United States because for the first couple of years I lived there, I really didn't know how to feed myself. I didn't know what to eat because I was not accustomed to shopping in a supermarket where everything was in a box. And I think that's where my, my sustainability stories began, so to speak. So as a young architect, I was surprised at the kind of the commercialization of our profession and the lack of concern for the health and wellbeing of, of buildings, their longevity. So I very quickly became aware of the sustainability movement when I first began working as an architect and kind of quickly oriented myself in that direction. I think I was the first LEED AP and in the company that I used to work for as an architect.

Charlie (<u>04:36</u>):

What a fascinating story and just, yeah, we remember those, that upbringing, what a big influence it has us on us. I mentioned before we get started, I've got three boys here and when we're recording this podcast. We've got zoom classes and zoom business meetings and it's kind of wild right now. I know you have children, I think you mentioned. How many kids do you have?

Vessela (<u>04:59</u>):

I only have one and she's a girl, but we've got the same, we're juggling zoom on multiple devices.

Charlie (<u>05:05</u>):

So funny. All congrats on that. I know there's even more reason to do the right thing here and protect our resources. So let's, let's go back to early in the career, I hope I have this right. I know Kelly was teaching the class at South face. It was one of the first LEED classes I ever took in 2007 ish. And I want to say maybe you were there teaching next to her, hard to say, but might've had some influence on me. So a small green building world. Tell us about those early in the career, you know, where were you working and where else did you kind of catapult your green building career?

Vessela (<u>05:36</u>):

So I worked for a small but really good architecture firm in Savannah, Georgia, which is no more, it broke up, but the architects, a lot of the people are still working. It was called Dawson Wistock Architects. Neil Dawson, who was one of the partners was one of the first people in Savannah who was interested in, in the US green building and in LEED. He sent me off to Atlanta to basically become a LEED AP because we had some clients, some of the first, some of the pioneers in Georgia that did some of the LEEDs, the first LEED projects, who were interested in exploring certification for some of our projects. So I met Kelly early on in my career and we were friends and colleagues for quite a while before, for a few years and we would always meet at Greenbuild or Green Prints or a South Face event and talk about how we really should start a company and how we could see into the future we felt like.

Vessela (<u>06:38</u>):

So Kelly actually had a big influence on me as well. Her confidence and her ability to teach at such a fairly young point in her career as well. She was director of commercial projects, I believe at South Face at the time. So that's, that's how it began. And then I think we went to a USGBC event. It was some kind of leadership events, retreats, if you will. I can't recall where it was, but heard Rick Fedrizzi speak live I mean, I've heard him before, but he spoke in a smaller audience and we were there with USGBC and I, I would say he's probably the most he influenced me very heavily. His Passion. His vision. He's a great public speaker and that kind of sealed the deal for me at that point.

Charlie (<u>07:32</u>):

That's exciting. And it's exciting to see Rick over on the WELL movement now and really on that side. So anyone else have any early influence? Any mentors there or anyone else you've followed and were inspired by as you were going?

Vessela (07:47):

I would say both of the partners in the company I worked for were great mentors. It was a small business and so they were very open about whoever was interested in learning about business. As architects, we rarely think of architecture as a business. I think we're not taught, I think they teach that more and more in college these days. But certainly, you know, I mean, my class was the last one to graduate without having to take AutoCAD. So it was a different kind of a mentality for architects. So they taught me a lot about, again, believing that I could run a company and that I could even think about having my own business. So those two people, it was a very quick launch for me. The distance between beginning a career and a traditional architectural environment. And just knowing that for one, I couldn't, I wasn't down with doing business as usual.

Vessela (<u>08:45</u>):

And you know, as every firm you have to do the projects that the clients want from you and they're not all, you know, amazing design projects. A lot

of them are building projects, you know, without wanting to qualify things unnecessarily. But there's a lot of copy paste and there's a lot of business as usual. And I was, again, I was surprised to learn that for instance, daylight had left schools and you know, that there were these buildings syndrome in the eighties and nineties, which was due to, you know, things that we understand very well at this point, yet building technologies and building methodologies, we're not changing necessarily to avoid these things. So those things were surprising to me and I, again, as a person who was driven and wanted to be an architect because I had a passion for aesthetics and for creating a built environment for people the leap was very quick with, so those two being my bosses and being very supportive and seeing someone who was motivated to work for themselves and who was motivated to start off in a different direction. Then combined with the people from USGBC who are all really, you know, they were great mentors and great examples. And then meeting Kelly and finding the right partners worked for about maybe about seven years as an architect before basically launching Triple Green Building Group.

Charlie (10:09):

That's super exciting. Those early days there, I'd love to hear those stories. Vessela, tell us about Triple Green Building Group, leaving Savannah eventually and saying, Hey, let's do bream edge DGMB LEED across Europe. And as I understand it you still have a place in Savannah, but of course you're in Bulgaria now and really also part of the Bulgaria Green Building Council. What took you back to Bulgaria and, and tell us about some of the sustainable work you've been doing in Europe.

Vessela (<u>10:40</u>):

In the States LEED was catching on and it was, but it was kind of, we're talking about, you know, about tens of 15 years ago, Atlanta had a lot of LEED work and a lot of LEED projects. Kelly was located in Atlanta and I was in Savannah and we had some projects and part of our motivation for starting a company in all honesty was because we valued our personal time and we did not see the model working in an office nine to five, punching the clock, having to be on time. We didn't operate that way. We recognize that we don't function that way. And as people who were efficient and capable and in passion for what we do, we both realized that, you know, we worked better whenever we felt like it. So my point is, the part of our reason for

starting a company was that we wanted to have more free time, more time for ourselves and for our hobbies.

Vessela (<u>11:41</u>):

But we definitely had some work, however, I was interested in exploring moving back to Europe, which is, you know, where my roots are and where I was from. And so I'm traveling to Bulgaria where I'm originally from and exploring what the market in Europe looked like. We had a very strong relationship with USGBC. We were the one of the first education providers that were given a license to teach LEED for the international market. I think we were third or one of the first three. So that gave me an edge to leave the US kind of happened gradually and began teaching and offering LEED courses in Europe. And then I met with a bunch of green building people who were interested in green building in the industry and Bulgaria and we founded the Bulgarian green building council and that basically launched me into the European network as the green building was catching on very rapidly in Europe and I could see that green building was catching on very quickly.

Vessela (<u>12:44</u>):

Certification was catching on very quickly. I realized that if I was going to operate in Europe, I would need to, I got a lot of you know, you're coming from the U S and you have a U S education, so you're LEED centric. I got a lot of that and I thought as someone who believes in wanting to work in sustainability, it's only fair to become equally comfortable with the other rating tools that I realized. Okay. Quite good and available and developed by, you know, in Europe. So I became a DGMB auditor and a BREEAM international assessor and I'm proud to say that for a lot of things. I've been a first, so I was, I think I was the first person to have all of those credentials. There are many others I think at this point. So I became a DGMB auditor and a BREEAM international assessor and got some projects, a lot of work in Europe for certification. And I would say at this point the state's kind of falling behind. So there's a lot of good work over here.

Charlie (<u>13:46</u>):

That's a good challenge for all of us to hear. As we listened to the podcast, you know, we've got an international audience and big reach with GBS, our education company too. And I love to hear that the education came first

because that's part of my success story too, is just making sure you're out there teaching and really give that confidence in the marketplace. So walk us through Vessela, If you have a client and say Europe, but I know you've done projects in Europe and Asia in the middle East, but if you're in Europe, you know, how do you decide between LEED or CGMB or BREEAM? I understand edge might be a different product type, but as I understand anyway, have friends that GBCI Europe, a mutual friend, you know, do we push one or the other. As a consultant, do you make sure you have a menu of options? Weigh the pros and cons, like what's it look like when you're looking at a project in Europe these days?

Vessela (<u>14:37</u>):

So, of course, you know, there are clients that come with a portfolio that's already swayed one way or the other for multiple reasons. A lot of companies that are US-based insist on LEED. Obviously that's the rating tool that they've selected as the corporate decision. And so, you know, they, they want everything that they do to be LEED. So that's easy, you know, but there are a lot of clients who do come and say, we want to certify our buildings but we're not sure which is the right rating system for us. And we, you know, we don't have a preference for one over another. So what we've, you know, what we're doing is essentially, well we've created a kind of a one pager comparison or more of a history if you will, and LEED and BREEAM, which are, I would say the two more popular tools.

Vessela (<u>15:27</u>):

DGMB is a great system, but it's very German based, so just market-wise without, again, without saying one's better than another market wise, we're seeing LEED and BREEAM being the two kinds of leaders in the market in Europe. And unless you're in Germany, of course or Austria. So when a client asks us, which, which tools should we choose, we basically do a comparison of costs and a comparison of the effort that would be involved in order to meet the desired level of certification. I have to say in my, now that I have practical experience with all of these rating tools. It's very comparable. So all the rating systems really are evaluating a very similar scope of things. They do it in some, obviously a little bit differently. They follow different standards and you know, the prerequisite elements may vary in terms of technical calculations and documentation, but the core matter is the same.

Vessela (<u>16:25</u>):

So oftentimes it's, it's simply a decision based on cost. And the one thing that BREEAM does very differently is that they have a flat fee for certification on the end of the rating tool administrator. So BRE charges a flat rate for BREEAM buildings regardless of their size. Whereas, LEED leap fees for, for certification are based on square footage. So sometimes that's the one swaying factor that'll make, you know, a client choose one over the other. Other times they just know you, they learn about the tools and they decide they have sensibility for one over the other. But in all reality it's a very comfortable process. So, you know, we're evaluating sustainability criteria, environmental performance, you know, performance character and high performance building characteristics.

Charlie (<u>17:19</u>):

Okay. Thanks for walking us through that because you're right, certain developers, certain clients are already a little biased, but then certain countries might push a certain rating system above others but it's a, it's good to have options. Vessela, ook back on this career as a humbling question. Look back on the highlight reel. What else stands out for you on the highlight reel? What are you really proud of?

Vessela (<u>17:42</u>):

So career wise, I'd say that I really, that's the thing that I'm most proud of when I think about it and yeah, it's hard to talk about your own achievements. But I would say that I'm most proud of having the courage to start my own business and branch out into a field that was fairly new at the time in a, I don't, I want to get into the whole, you know, gender aspect, but it's a male dominated industry, the construction and even the architect spectra industry. And I remember being aware of this by the way. Both of my parents are architects, so I grew up in a very gender neutral architectural environment. But then as I began to work as a young architectural designer, which is what I was in, the US didn't have a license at the time.

Vessela (<u>18:30</u>):

I found myself in a very male dominated world and that it was something that was a minor challenge for me. Again, you know, I believe that if you are good at what you do and you believe in what you do, then that's how people perceive you. So it's about expertise and professionalism. It was a little daunting to start a company, a female based and founded Kelly. And we had another partner in the beginning who is no longer a partner with us, but she was also a female. So we were three young women who started the sustainability consulting company. So I would say that's, that's, I'm very proud of that and I'm very proud that it has been a successful venture. So like I said, we, we started it. I mean I wouldn't say that it was kind of, you know, that we were joking in starting this business, but we just, we know we weren't certain where we would be in 10 years.

Vessela (<u>19:21</u>):

And I don't think any of us even thought that far ahead. We are, it's, it's much, it's far, it's more than 10 years now. We have Triple Green Building Group LLC, which is the U S company and triple green building group, Bulgaria, which is the Bulgarian Triple Green. Both are very successful. And I would say that the next thing that I'm very proud of is being awarded the LEED fellow, both me and Kelly and same year being nominated and being awarded the LEED fellow credential, which is already been a few years ago. So that was for us a confirmation, an affirmation that we were doing something right. Oftentimes we've had these meetings and we've been like, are we where we want to be? Are we making as much money as we want to be? We could be working for big corporates.

Vessela (<u>20:09</u>):

I've had offers along the way for big corporate jobs, the sustainability directors. And again, this is a subject matter that over the last five years has really begun to make its way on the map, on the business agenda. So for people like us who have that much experience we're considered desirable assets to accompany, but we've always, at the end of the day, we feel good about where we are. So that's a huge, that's I would say that's a big achievement. And also, you know, being first, always with professional credentials just kind of being an innovator and a driver in new markets.

Charlie (<u>20:48</u>):

Sure. Now what, what great highlights and big congrats on your LEED Fellow. That is that validation. And you know, I would compare it to when you were at the architecture firm that was really an intro partnership, entrepreneurship within the company and then broke out with Kelly. I'm looking at you now. So if you've made it this far as a small business owner, I think they'll keep asking. But I think you guys are well on your way and that'd be a tough one. So I love the freedom that you have and what you've achieved and all those firsts. Tell us about Bulgaria and the high level. What's easier to do green building wise, but what's harder to do green building wise with projects in Bulgaria

Vessela (<u>21:25</u>):

In the beginning it was harder and so we had a lot of firsts here too. We did the first LEED project, well not the first. I should for the record, the first LEED project is the US embassy in Bulgaria, but I don't really count that as far as the market wise, we were certified the first LEED project in Bulgaria, but it's not the embassy and we did the first LEED platinum building in Bulgaria and the first LEED for existing buildings in Bulgaria. So it was very difficult because especially the 2000, the previous, this version of LEED did not have much provision for international pathways, you know, for documentation. So you really had to do everything twice and you really have to really understand and he's very good in communicating with them project team to ensure that what they're doing in terms of meeting local codes is also going to be compliant and documentation wise to translate it to be prerequisite and credits in order to get the desired level of certification.

Vessela (<u>22:31</u>):

So that was a huge challenge. On the other hand, Bulgaria, as part of the European union and I just recently saw USGBC just put out the I think the 2019 snapshot of LEED projects across the US and I have to say that I was surprised and shocked to see, again, I'm not trying to say anything good or bad one way or the other, it's just numbers. But I was surprised to see how many LEED projects, LEED certified buildings there are in some States. I mean I have certified more buildings in Bulgaria at this point than there are in some States. So from that respect, Europeans just I think inherently are more susceptible to sustainable development and the quality of investments is very high here. It's a small country so there's not volume wise, you know, as much construction or by any means, you know, compared to the States and the US but what is being built and developed is a very high quality.

Vessela (<u>23:35</u>):

So it's not a big jump for them. And it's not a huge cost increase. They're already meeting the performance parameters for LEED we find even for LEED gold projects. So in that respect, yeah, it's easy to sit down with a

client and say, look, you're already paying for a class in a building. You're already investing in, you know, top technologies, good building materials. It's just another tiny step forward to pay the LEED certification fees and basically pay consultants to document everything. So from that aspect it's been, it's, it's great. I mean, there's a lot of work here and it's very good, exciting, interesting projects, big buildings, all kinds of buildings. We did the first children's museum. The quality of the projects is really great, interesting projects, good architects, just some work, high level of certification. Everybody wants platinum these days, you know,

Charlie (<u>24:30</u>):

That's so much fun. Well, let's, let's shift gears. Let's talk about the future. If you had a crystal ball, I mean, you've been doing green buildings a long time before that, you know, direct architecture. But if you're looking ahead, you know, where's it shifting next? Where should me and the rest of the podcast listeners, what should we be reading up on? Where's the green building movement shifting?

Vessela (24:48):

So I think the green building movement is, we'll need to, well it's, I think it's so that greatly depends on where you are. So inter globally it's shifting towards, I would say sustainable design and construction becoming standard to a large degree. Even for projects that are not certified. Certainly I know that there are many, many building projects in the US that are green in nature, even if they don't pursue certification per se. So that high performance standard, that healthy building concern and you know, focus, it's definitely becoming the mainstream. Certainly in Europe certification is also becoming the mainstream. And so I think, moving things forward, people are looking to, a net zero and even to net positive. So I think very quickly we might find ourselves in a place where certification is what we used to be the average.

Vessela (25:49):

And you know, the, the, you know, the innovation is net positive building that obviously certification tools, we'll need to catch up with that. And I know there's already LEEDs zero. But, so that's, that's where I think things are headed. I think things are headed in a more and more radical direction. And as we see we've been talking about having this podcast for a, I think maybe even a year at this point. But we're having it in a very strange time. You know, everybody is in quarantine all over the world and we have this contagious viral disease going around. So I think the focus on health and wellbeing, both human health but also the health of the built environment and just everything green related is going to become even more greatly in focus as we come out of this pandemic state. So yeah, green building will, I think in my opinion, only get more and more green and push the envelope towards an even more radical approach.

Charlie (<u>26:53</u>):

A net zero and then really that positive regenerative design. On the health and building movement you're probably seeing or soon we'll all see a big spike in WELL and FIT WELL coming out of the pandemic. But, but really maybe we're going after the plaques and official certification or maybe in the meantime we apply them best practices. So any other predictions because we are recording this right in the middle of the pandemic is anything else you'd predict coming up with our buildings are, we're going to have more storage rooms for PPE, personal protective,

Vessela (27:26):

No I don't, I don't like to make predictions. I'll let you know I'm not a fortune teller, but I do feel like, I think it's really important for us regardless of whether we're in a pandemic or not and the kind of challenges that come forward green building is an ever evolving concept. That's what I liked about it when I was beginning my career. And that's what I still love about it still. It's not a fixed solution. It's not the end all. It is a constantly evolving thing. And so you know, the needs that we have from our built environment and from our buildings will be constantly evolving as we live in a time of very rapid change and numerous layers and aspects of life, technology and innovation.

Vessela (<u>28:18</u>):

You know, our, our own needs and the way that society is changing. So I think it's important to think critically and never accept something as a given nor as a permanent solution. So just because we have some rating tools and because we have some upgraded standards, we need to always just be thinking ahead and not in terms of having storage rooms but I think in terms of very flexible environments, you know, buildings that kids go this way, but they could also go that way, you know, like a hotel that could double as a hospital if it needs to. So I'm just throwing that out there.

Charlie (<u>28:52</u>): Yeah, adaptabiliy

Vessela (<u>28:54</u>): And that adaptability. Yeah.

Charlie (<u>28:56</u>):

Well you definitely seem like an analytical thinker. What else would you say you're really good at? What's your gift?

Vessela (29:03):

I think my gifts is being able to live life for the sake of living and not getting too caught up in any kind of formulaic approach to things. Also, the ability to give meaning to things and you know, to look for meaning in things, to create context and to make things personal. I find that although I've never studied sales and would never consider myself a salesperson, I'm really good at convincing people to get onto the green building bandwagon, so to speak, because of, you know, putting things in a personal context and just guess my spirit. I consider it a gift that I've always trusted my instincts and I live very much, you know, my decision making is instinct based. So if I feel like something is right, I just go for it and I, it's never served me wrong. So

Charlie (29:57):

Well, I'm sure you've been successful with sales because of relational sales and technical sales. You've got a little both and so

Vessela (<u>30:05</u>):

You have to know what you're doing, but you have to believe in what you're doing too.

Charlie (<u>30:09</u>):

Yeah, well that means the transfer. Well, good. Just a few more questions. Rapid fire here, you know, do you have any routines or rituals that help you stay successful? Any good habits? Maybe you could share some pro tips.

Vessela (<u>30:21</u>):

I do yoga a lot. I have, you know, a morning routine, noon routine and then the evening routine regardless whether it's tea or coffee or I do take time. My point is that I make time for myself. You know, I start my day off, make sure that I started off with a positive, you know, feeling rather than stressing over something. Organization I found to be absolutely critical in life. You can live so much easier if you're organized. So you know better to have everything set up and have that time for a nice coffee in the morning rather than running around all crazy and, having your day start off stressfully and just kind of, you know, knowing when to be efficient and knowing when to be laid back and leisurely. I take a lot of time for my personal life and I balance tremendous efficiency when necessary and focus with, you know, doing stuff with my kids for no reason at apparently whatever time of the day sometimes if I can. So yeah, I would say organization and balance and definitely a lot of personal routines, taking care of myself spiritually, physically, just making sure that I am well so that I can give back to everybody else around me.

Charlie (<u>31:41</u>):

Thank you for sharing. That's a common theme with a lot of green building gurus I've interviewed on here is that self care first so we can help others. What's a couple more things? So bucket lists. So as we reconnect here and talk about the state of Georgia and much more on the fun town of Savannah, you'll, you'll learn more about me and I'm a fan of the bucket list. So are there one or two things maybe you could share that might be on your bucket list?

Vessela (<u>32:06</u>):

Always on my bucket list. Continuing education. I know that might sound a little funny and weird, but I definitely feel like if you get stuck in your job, no matter what, how much you love it or how much money you make or if you don't do something continuing education based to give you a new perspective or something new to think about. It just gets old. So keeping things interesting so to speak. So that's always, I'm always looking for some kind of course or a new credential or even a PhD potentially is what I'm at right now to keep me stimulated mentally. And then also always on my bucket list as a new travel destination. So,

Charlie (<u>32:47</u>):

Well we're all doing that soon. Can you tell us one of those spots you'd like to go to and adventure too?

Vessela (<u>32:53</u>):

Oh, I can tell you many spots I'd like to go do. I recently filled out some Facebook map of all the countries I've been to. So I've been to a lot of places, 36 countries in the world. But I've not been to a lot of places that I realized I have not been to any place in the continent of South America. So that's a next

Charlie (<u>33:15</u>):

I've got to put a plug in for my friend Fran, the Peru green building council.

Vessela (<u>33:20</u>):

Yeah,

Charlie (<u>33:21</u>):

Make sure you go down that way. That'd be great. Good. Well, any books maybe you'd recommend that don't even have to be green building related.

Vessela (<u>33:28</u>):

I have to say that I do not read green building related books because unless it's necessary it's what I do for a living. So why do I need to read books? 'm Just saying unless I have to, I don't. So I, but I do like to read a lot and I still like paper books. Although I've made the concession to have an E reader just because it's easier, I don't listen to books. I like to read them. The last book I read, which I just finished and it's funny because it's so relates to the time we're living in is called a *Gentleman in Moscow* by Amar Towls and a very interesting book about a real account of a count, a Russian count who was basically lived in house arrest for 30 years at the metrical hotel in Moscow. So he was quarantined for 30 years. He was not allowed to leave the hotel. So I thought it was a great book and gave me anxiety and claustrophobic feeling sweaty about it. But, but the bottom line, which I really liked from that book is when you have mental freedom and mental dimension, physical restriction really cannot hold you. So, you know, we need to stay calm and expand our minds and we'll be alright.

Charlie (<u>34:49</u>):

Well I'm going to put that book and the podcast show notes. We all need to check that out. And it's a great recommendation.

Vessela (<u>34:56</u>):

Gentleman in Moscow. So my final, I thought it was great.

Charlie (<u>35:01</u>):

Yeah. Yeah. It happens when movies or you know, when someone asks you, Hey, you know, was it a great movie? I liked to answer. I enjoyed it. That's the same thing.

Vessela (<u>35:10</u>):

Wait, I, I, I enjoyed it and I definitely, again, I found it to be oddly irrelevant to what we're experiencing right now.

Charlie (35:18):

Sure. Well, as we close up here there are some listening that are LEED fellows like you and congratulations again on that high mark. There's a lot of podcasts, listeners here Vessela are just now jumping into the green building movement. So any final words of encouragement for them?

Vessela (<u>35:35</u>):

Sure. It's a great movement. Jump into and do it with passion and you know, pursue whatever angle in green building it is that you most love and are interested in. And don't be afraid that there's a formula that you have to stick to. That's the beauty of this movement. It's wide open. So there's a lot of room for experimentation for exploring that paradigm shift that we've been talking about and haven't quite made yet. So I think it's still a lot of room for growth. So great, great fields dive right in. No fear,

Charlie (36:14):

No fear. And I love entrepreneurship. I love the female business side of things and I love where you've taken us on this conversation and I'm glad we've reconnected. And so for everybody, make sure you connect with Vessela. We'll put the LinkedIn link there. Thank you for being on the podcast. This has been fantastic. Keep up the good work as a managing partner and LEED fellow at triple green building group and just wanna say thanks.

Vessela (<u>36:39</u>):

Thank you. Thanks for having me. It was a great pleasure to have this and great to know that you're in Georgia.

Speaker 6 (<u>36:47</u>):

I just want to say thank you to our loyal listeners. We actually are celebrating over one year here on the green building matters podcast. Me and the entire team were stoked and just so glad to continue to listen every Wednesday morning to a new interview with the green building professional here in this industry or just some pro tips that we want to make sure that you are getting straight from us straight to you. Thank you for listening to this episode of the green building matters. Pod jacks@gbes.com our mission is to advance the green building movement through best in class education and encouragement. Remember, you can go to gbes.com/podcast or any notes and links that we mentioned in today's episode, and you can actually see the other episodes that have already been recorded with our amazing yes, please tell your friends about this podcast, tell your colleagues, and if you really enjoyed it, leave a positive review on iTunes. Thank you so much, and we'll see you on next week's episode.