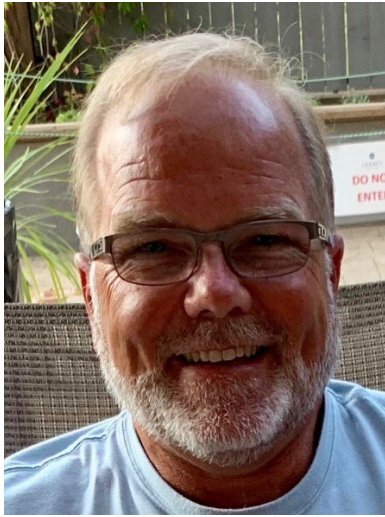


Construction Owners Association of Alberta (COAA) FLIC – Leader of the Month June 2022



For the month of June, Construction Owners Association of Alberta (COAA) FLIC would like to feature Larry Sondrol, a Director of 11 years with Suncor Energy and over 40 years in industry. Growing up on the farm in Saskatchewan, he learned to take on responsibility at a very early age. His father was a master carpenter, and his grandfather had him operating a backhoe before he was 12. With a passion for seeing things built, he became a construction superintendent at 19 years old with Plains Engineering Ltd. working in plant turnarounds and gas plant expansion projects. Larry has worked with a variety of companies striving for continuous growth through levels of responsibility and management. These companies include Propak Systems Ltd., Partec Lavalin, Nova Chemicals, and Suncor Energy Services Inc. As the Chief Estimator, he applied his experience in global project lump sum bidding to a few key projects that stand out from an engineering-procurement-construction firm such as a phosphoric acid plant in Iraq (postposed 8 months prior to the Kuwait invasion), and a styrene petrochemical complex in China. At Suncor, his distinguished leadership involves initiatives and projects in estimating, project controls, and project management, offshore developments, project governance, ERP system transformation and implementation. He managed multiple team members and contractors who are local in Calgary and at international locations.

As an extra curricular activity, he was asked to support Red Deer College extended education. As a way to give back to the community, he influenced and encouraged interest for individuals to engage in the area of project management and the importance of a project schedule using the Microsoft Project scheduling tool.

Larry's passion and active involvement with COAA for 15 years focused on industry data collection, benchmarking, and estimating. He co-chaired the Benchmarking committee from 2008-2016 collaborating with Construction Industry Institute (CII), and Stephen Revay of Revay and Associates. While working with CII and Stephen Revay, they focused on the collection of industry data that contributed to the first three reports for COAA Major Projects Performance Assessment System.

He provided active contribution developing the COAA / CII Pipeline and gas processing benchmarking metrics and processes to engage with new owners and contractors and provide data into the benchmarking system.

Through COAA, Larry has also provided expertise guiding the capture of benchmarking data for major projects built in Alberta.

From years in the industry, he recommends to both current and new individuals in industry to be nimble and find your passion in the various sectors of industry or companies, also find ways to add value. Leadership lesson learned is to encourage your team to expand their knowledge and thinking outside the box, provide mentoring to your team for further development and growth. COVID-19 prompted new challenges to manage and lead through adaptability, providing mental health support, and finding new creative ways to work successfully achieving results while supporting the team.

Outside of industry, Larry enjoys spending time with family and friends. He continues to devote value in industry initiatives, provides mentorship, and notes that there is always more to learn.

Larry is nearing the end of his career, and anticipates that he will remain engaged with industry special projects to keep his mind and body healthy.