

Sabrina Fox, Recognized By Influential Women, Reflects On A Career Built On Resilience, Growth, And Empowering Others

APEX, NC, UNITED STATES, October 5, 2026 /EINPresswire.com/ -- From an Entry-Level Receptionist Role to Senior Estimator, Sabrina Fox Has Built Her HVAC Career Through Continuous Learning, Leadership, and a Commitment to Supporting Others

Apex, North Carolina – Sabrina Fox is an accomplished HVAC professional and Senior Estimator at John Q. Bullard and Associates, bringing more than 13 years of industry experience to a career defined by resilience, continuous learning, and a willingness to embrace new opportunities. Her journey demonstrates how remaining open to learning and stepping forward when opportunities arise can create a rewarding career path, even when that path does not initially seem clear.



Sabrina began her HVAC career in 2012 at Faulkner Haynes and Associates, accepting a receptionist position through a temporary staffing agency during a challenging economic period. What started as an entry-level opportunity became the foundation for a career that would take her through accounting, sales, service operations, warehouse management, administration, and customer relations. Eager to learn and willing to step in wherever needed, she continued developing her knowledge and discovering new areas of the industry.

In 2017, Sabrina transitioned fully into parts and service. This experience allowed her to strengthen customer and contractor relationships while developing the industry knowledge that would eventually lead her into management. Following a major merger in 2024, she became Area Manager of Aftermarket Parts, overseeing operations throughout South Carolina and the

Raleigh, North Carolina market.

Throughout her leadership career, Sabrina focused on developing people and creating an environment where team members felt heard, supported, and empowered to grow. Her approach to leadership has been shaped by her own experiences and the way she was treated in previous management roles. Those experiences taught her the importance of empathy, respect, and supporting others.

Sabrina believes that great leadership is built on listening, trust, integrity, empathy, and helping people recognize their potential. Honesty and compassion remain central to the way she approaches both her professional and personal life. She believes that a leader's responsibility is to guide people in the right direction and support their development, emphasizing that if the people she leads are not growing, she has not done her job.

Today, Sabrina applies the experience she has gained throughout her career to her role as Inside Sales and Senior Estimator at John Q. Bullard and Associates. Her progression from receptionist to positions in sales, management, and estimating reflects her belief that every position offers an opportunity to learn. Her career has not followed a straight path, but each experience has contributed to the knowledge and perspective she brings to her work today.

Sabrina attributes much of her success to her past experiences, the challenges she has overcome, and the lessons she has learned along the way. She also believes that God has played a significant role in guiding her journey and helping her become the person she is today. Meaningful mentorship has also contributed to her development, giving her lessons and encouragement that have remained valuable throughout her career.

One of the most important pieces of career advice Sabrina has received is to trust her instincts and follow her gut. Her husband has consistently encouraged her to listen to that inner voice, and she has found that trusting herself has helped her make decisions with confidence and navigate challenges throughout her career.

Sabrina also encourages young women entering the HVAC industry to take opportunities when they arise and fully commit to them. She believes women should step into the industry with confidence, refuse to give up, and believe in their ability to succeed. While the field has traditionally been male-dominated, she sees the growing presence of women as an opportunity for continued growth.

For Sabrina, the HVAC industry offers numerous career paths. Opportunities can range from field technician roles and administrative positions to sales support, learning mechanical drawings, parts operations, and leadership. She believes there are many ways for individuals to develop valuable skills and create rewarding careers within the industry.

Outside of work, Sabrina enjoys baking sourdough bread, canning and gardening, spending time

with her animals, and traveling with her husband. These interests provide balance while reflecting her appreciation for learning, creating, and spending time with the people and animals who matter to her.

Her career and leadership philosophy are ultimately grounded in respect for others. As she puts it, "Titles don't matter. We are all human. Treat everyone with respect, don't worry about what others think, and keep doing what you know you're supposed to do."

Through her continued commitment to growth, empathy, and empowering others, Sabrina Fox has established a career that reflects the importance of resilience and remaining open to opportunity. Her professional journey and dedication to helping others develop have earned her recognition as an Influential Woman for 2026, representing Raleigh, North Carolina.

Learn More about Sabrina Fox:

Through her Influential Women profile: <https://influentialwomen.com/connect/sabrina-fox>

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