

Nilgoon Mansoori

Mechanical Engineer | AE Smith



With over 20 years' experience in mechanical engineering, Nilgoon Mansoori brings depth, resilience and perspective to her role. Her career began in Iran, where she completed her Master's in Mechanical Engineering and later spent five years lecturing at university – an experience that shaped her communication style and approach to leadership.

Nine years ago, she moved to Australia and entered a new professional landscape – new regulations and a new industry environment. Rather than stepping back, she rebuilt her confidence step by step, asking questions, seeking mentorship and leaning into every opportunity to learn.

Today, Nilgoon's steady, thoughtful presence reflects a career shaped not by shortcuts, but by commitment, collaboration and continuous growth.

1. This year's IWD theme is "Give to Gain". What does this mean to you?

To me, "Give to Gain" is a core life principle. When you share knowledge or support others, you do not lose anything – you grow. Explaining your thinking challenges you to reflect more deeply, refine your understanding, and consider different perspectives.

Throughout my professional journey, I have been fortunate to work alongside excellent mentors who have significantly contributed to my development.

Regular technical discussions and open knowledge sharing strengthened my problem-solving skills and broadened my perspective on complex challenges.

These experiences reinforced my belief that when organisations foster a culture of mentoring and knowledge sharing, it creates a genuine win-win outcome. Individuals grow professionally, and the business as a whole becomes stronger and more resilient.

2. Can you share a moment in your career that really shaped who you are today?

I don't believe one defining moment shapes a professional journey – it is the accumulation of experiences that forms who you become.

One of the most formative periods in my career was the five years I spent lecturing mechanical engineering at a university in Iran. Teaching junior engineers gave me far more than technical knowledge. It strengthened my communication skills, sharpened my ability to explain complex concepts clearly, and refined my active listening.

Technical discussions with students reinforced the value of diverse perspectives. I learned to genuinely consider different viewpoints, even when they challenged my assumptions.

Engineering conversations should focus on analysis, evidence, and achieving the best solution – not seniority, but collaboration toward the strongest outcome.

3. What's something you've had to learn to back yourself on over time?

Learning to trust my own judgement in making challenging decisions has been an important skill to develop over time.

It is essential to have confidence in your abilities, even when facing unfamiliar situations. By carefully analysing circumstances, collaborating with colleagues, and applying accumulated knowledge, professionals can make informed decisions, build confidence, and continue to grow in their careers.

5. Do you have a favourite quote or saying that inspires you or reflects how you approach work or life?

I often remind myself that success isn't about knowing everything – it's about learning every day. You don't need all the answers at once; you build from what you know and keep growing.

When I moved to Australia, navigating new regulations and systems wasn't easy, but taking it step by step rebuilt my confidence.

Progress comes from curiosity and consistent effort.

4. What's one change you'd love to see in our industry over the next few years?

I'd love to see more women in engineering leadership. The opportunities are there – it's about backing yourself to pursue them. Engineering is built on talent and innovation, not gender.

We already have strong women in technical and operational roles. Seeing more step into senior leadership would strengthen representation and create lasting change.

6. If you could give your younger self – or a young woman starting out – one piece of advice, what would it be?

Trust your capability. Empower your self-confidence and self-belief – they are the foundation for success.



The opportunity is there – we just have to go for it

Getting To Know Nilgoon



What's your favourite movie?
Papillon



What's your favourite cuisine?
Italian



What's your Go-to karaoke song?
Ophelia - Taylor Swift



You're on a desert island – what's the one thing you're bringing or having?
Multi - tool Knife



What's something people would be surprised to know about you?
I enjoy math , problem-solving, playing the piano, and swimming.