

Latauna Bigelow

Tradeswomen Heroes Award
Winner - April 2025



Level of Experience: Journeyworker

Years in Trade: 16 years

Union: SMART

Local: 100

City: Fredericksburg, VA

Bio

Latauna Bigelow was born on September 27, 1971, in Washington, D.C., and raised in Arlington, Virginia. After graduating from high school, she faced personal challenges that led to a 14-year prison sentence. During her time there, she discovered a passion for HVAC and began teaching others, realizing her gift for mentoring.

Upon her release in 2008, Latauna joined the Washington Area Women in the Trades (WAWIT) program and was introduced to the Sheet Metal Workers Local 100. She quickly excelled, completing her apprenticeship and building a career in the trade.

With over 16 years in the industry, Latauna has taken on leadership roles within her local and SMART International. She serves as an organizer, shop steward, and RISE Committee member, working to support and uplift her fellow members. Latauna is also a dedicated community leader, coaching youth sports and mentoring young people. She is passionate about creating an inclusive workplace and uses her story to inspire others to overcome challenges.



Why Nominate Latauna?

Latauna Bigelow, an Organizer for SMART Local 100, is a Tradeswomen Hero whose journey is an inspiring example of resilience and leadership.

After facing challenges early in life, Latauna discovered her passion for HVAC while incarcerated, where she also began tutoring others in the trade. That experience not only fueled her love for the work but also sparked her commitment to helping others succeed.

Since joining SMART Local 100 over 16 years ago, Latauna has excelled in her career and leadership roles. She graduated from the apprenticeship program, became a journey person, and later served as a shop steward, conductor warden, and now an organizer.

She is also an active member of the RISE Committee, where she helps foster inclusivity within the union. Latauna's work doesn't stop at her job. She's deeply involved in her community, coaching girls' basketball, youth football, and refereeing youth basketball games. Her ability to connect with people—whether on the job or in the community—sets her apart as a leader.