



## Member Spotlight: Teresa Lamb



We're excited to spotlight the always-smiling **Teresa Lamb**, Destination Sales Manager for the **Charlottesville Albemarle Convention & Visitors Bureau** (CACVB)! A proud **UVA Hoos** fan, Teresa is the bureau's go-to guru for all things Charlottesville and Albemarle County.

### Meet Teresa

Teresa is based in **Charlottesville/Albemarle County** and can be reached at [tlamb@albemarle.org](mailto:tlamb@albemarle.org).

---

3-minute read

### SGMP Involvement

#### How long have you been a member of SGMP?

Teresa joined SGMP in **2021**.

#### What inspired you to join the Old Dominion Chapter?

A former colleague first introduced her to SGMP, and since her organization had previously been involved, joining felt like a natural next step.

#### What roles have you served in?

Teresa is a Board Member and currently serves as the **Treasurer** for the Old Dominion Chapter.

#### A favorite SGMP memory?

Teresa has *many*! Some favorites include attending **NEC in St. Louis**, where she enjoyed exploring the city with fellow Old Dominion Chapter members and spotting the Arch with Andrew and Hope, enjoying a team-building day at **Busch Gardens** during the Board Retreat, and joining in the chapter's always-fun annual **Jeopardy** game.

### Professional Background

#### How long have you worked in meetings/events/hospitality?

Teresa has spent **30+ years** building a career she loves.

#### What do you love most about your current role?

As Destination Sales Manager for CACVB - and a proud native of the area - Teresa feels fortunate to promote a place she deeply loves. Sharing the unique experiences of Charlottesville and Albemarle County with meeting planners, attendees, and visitors is the most rewarding part of her work.

#### How did you get your start in this field?

Her career began at a hotel front desk, where she discovered her passion for meeting new people and developing relationships. That start led to a variety of roles in hotel sales, management, marketing,

and sales across multiple industries. Each opportunity expanded her knowledge of hospitality, tourism, sales, and marketing, ultimately preparing her for her calling in destination sales.

### **A professional accomplishment you're proud of?**

Teresa is most proud of the relationships she's built with colleagues, clients, and partners. For her, true success is defined not by titles, but by trust, meaningful connections, and positive impact.

## **Fun Facts & Personal Interests**

### **What do you enjoy outside of work?**

Cheering on **UVA Sports** - Football in the fall, Men's & Women's Basketball in the winter, and Baseball in the spring. **WAHOOWA! GO, HOOS, GO!**

### **Favorite travel destination?**

Rome, Italy remains at the top of her travel dreams.

### **Something people might not know about you?**

Teresa loves watching **sunrises** and **sunsets**.

### **Favorite quote?**

"Do unto others as you would have them do unto you."

## **Final Thoughts**

### **What advice do you have for newcomers to SGMP or the meetings industry?**

Get involved and make connections. Attend monthly meetings, join a committee, consider serving on the board, and - most importantly - **network**. Many of the best opportunities and friendships begin simply by showing up.

### **Anything else you'd like to share?**

Teresa encourages members to continue sharing ideas, connecting, and supporting one another, noting that the industry thrives on relationships, and that she's grateful to be part of such a wonderful organization.