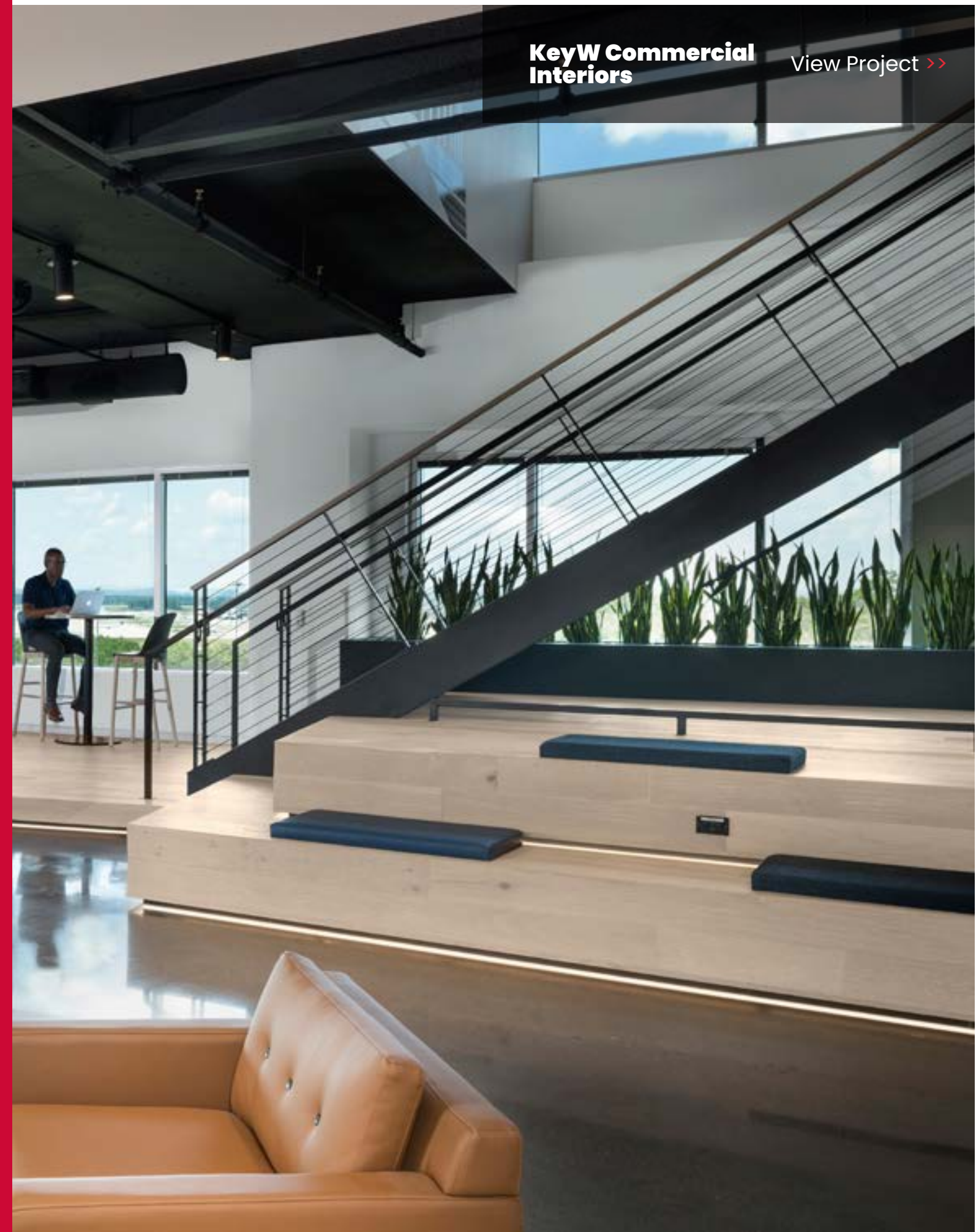

**Real Experience.
Real Solutions.
Real Value.**

The right real estate advisor is critical to a project's success.

Our mission is to redefine the meaning of owner representation. We think of your capital as our own, and look to build the strongest project teams for the best results. Schedule, cost, and quality are important, but so is your client experience.

At J2H, we focus on building a culture of economically responsible partners and exceeding expectations with our hands-on approach – bringing clarity and creativity to even the most complex projects.



**KeyW Commercial
Interiors**

[View Project >>](#)



Get to know us.

Real experience.
Real solutions.
Real value.

J2H Partners is a global commercial real estate advisory firm offering strategic consulting, owner's representation, and project management.

As previous owners ourselves, we created J2H to provide real experience, from real projects, to add real value to your project(s). From commercial interiors and hospitality projects to mission critical, government, and more - we offer end-to-end real estate advisory services to clients of all sizes.

Offices

2000 Corporate Ridge
Suite 230
Tysons, VA 22102

14321 Winter Breeze Drive
Suite 141
Midlothian, VA 23113

Why J2H?

Executive Commitment

We commit executives to every project.

Diverse Experience

We have broad, diverse experience - from owners and operators to developers and tenants - we've worn many hats so we look at your project from many perspectives.

End-to-end Management

From concept through occupancy - we do more than just construction management and help you ensure the project planned is the project built.

Flexible & Scalable Resources

We're flexible and can scale with you. Whether you need us on a part-time basis, or you need full-time resources to compliment your in-house capabilities - we've got you covered.



Market Expertise

Building Repositioning
Commercial Office
Commercial Interiors
Cannabis
Government
Healthcare
Hospitality + Retail
Industrial + Manufacturing
Infrastructure
Mixed-Use
Mission Critical
Multi-Family
Sports + Entertainment
Security Consulting

Firm Profile

Our Team

Our team offers a diverse set of skills and perspectives from past experience as developers, landlords, facility managers, construction managers, and tenants. We take a partnering approach to ensure your project runs smoothly and is delivered on time.



John Sadlik
Principal

Over 35 years of experience with tenant build-outs, renovations and repositioning, ground up Class A development, Flex Office, Industrial, Residential, and GSA projects.

[View Bio >](#)



Henry White
Principal

Over 25 years of experience in Global Real Estate - including interiors, data centers, property development, entitlements, airline hangers and more.

[View Bio >](#)



Jessica Buchta
Managing Director

Over 20 years of experience with managing large scale capital intensive projects including both LEED Silver and Gold mixed use commercial developments as well as MEP intensive projects such as data centers, labs and higher education facilities.

[View Bio >](#)



Nick Granger
Sr. Project Manager

15+ years of project management experience with tenant improvements, hospitality, medical, GSA and SCIF projects.

[View Bio >](#)



Alex Harris
Sr. Project Manager

15+ years of experience in project management, construction, and real estate leasing transactions. His portfolio ranges from capital investment and large scale IT, to base building and interior build-outs.

[View Bio >](#)



David Darnell
Project Manager

A driven professional with a highly-valuable skillset and proven business acumen. Having owned, operated, and led profitable companies for the last 20 years, David offers a unique, entrepreneurial perspective.

[View Bio >](#)



Laura Gormley
Program Manager

An agile leader with extensive portfolio, program, and project management experience. She has led multi-year, multi-phase corporate space and move management efforts spanning upwards of 2.4M square feet.

[View Bio >](#)



Lalo Uribe
Assistant Project Manager

A quick learner with hands-on experience supporting a variety of clients and project types. With a background in construction management, Lalo understands how to manage projects from conception through completion.

[View Bio >](#)

The J2H Team

Project Experience



**77 Upper Rock
Rockville, MD**

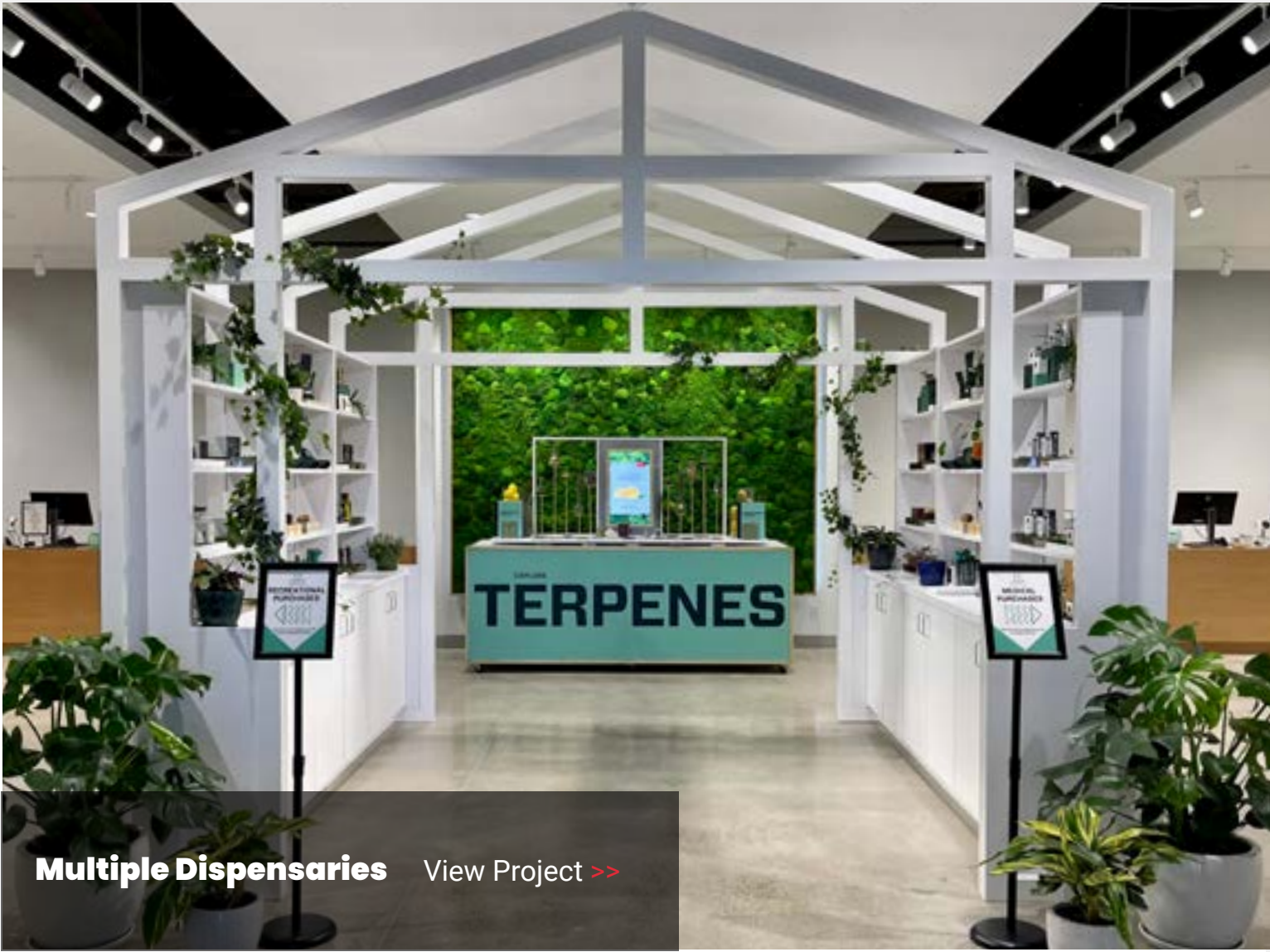
[View Project >>](#)

We've been on all sides of the business and understand the internal dynamics and external market challenges many real estate projects face. We focus on the right things, bring the right people and the right expertise to each engagement and navigate the way toward your best outcome.



SAIC

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Multiple Dispensaries

[View Project >>](#)



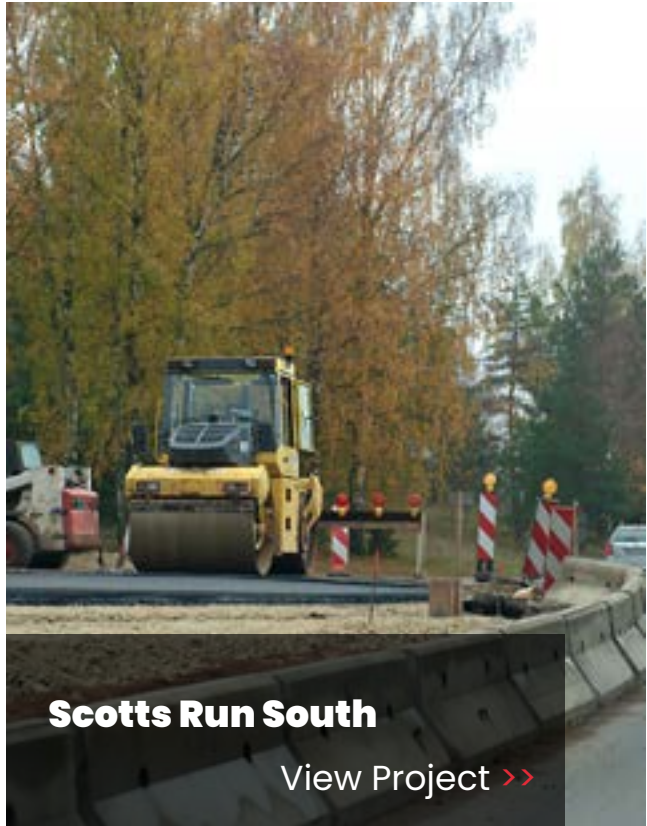
Level IV Security

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Margaritaville Vacation Club

[View Project >>](#)



Scotts Run South

[View Project >>](#)



Yes& Marketing Agency

[View Project >>](#)



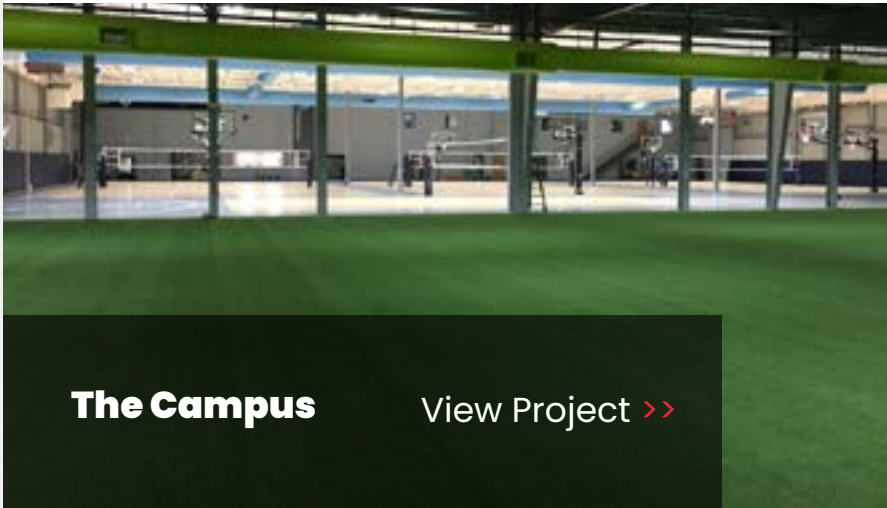
**Kansas City
G&P Facility**

[View Project >>](#)



Deepwater Industrial Park

[View Project >>](#)



The Campus

[View Project >>](#)



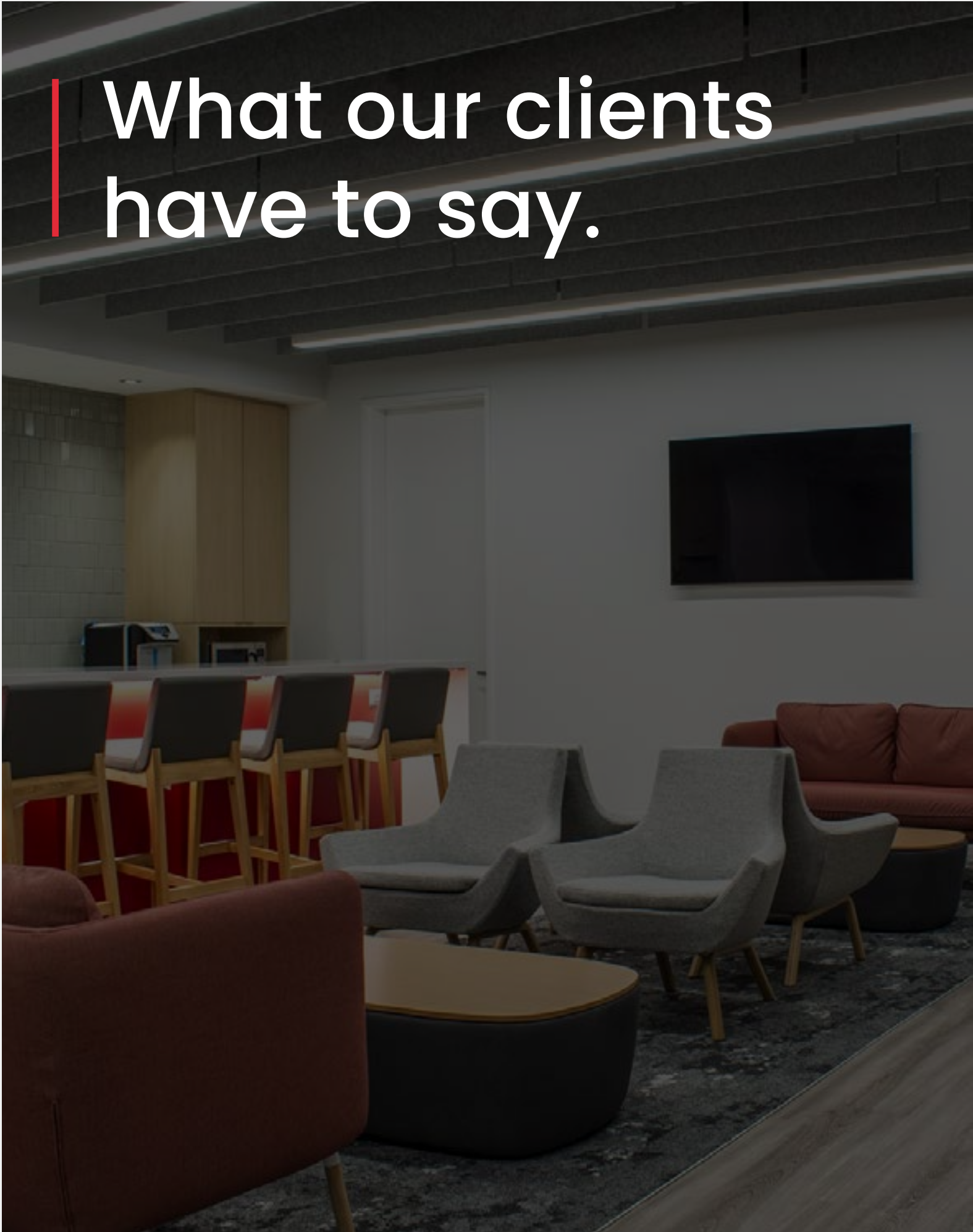
**Vantage Data
Centers**

[View Project >>](#)



**Virginia Spine
Institute**

[View Project >>](#)



What our clients have to say.



We couldn't have done it without J2H Partners. They truly acted like a part of our internal team and could not have provided a better client experience.

Brian Laffey, CFO, CompTia



Owners who select owner's reps, like J2H Partners, with a strong understanding of the complexities of a cannabis facility are well on their way to ensuring success. Understanding the industry is key to the proper development of RFQ/RFPs, and thereby evaluation of potential team members.

Sam Andras, Executive Vice President, 2WR+ Partners, an urban-gro company



We've partnered with J2H on multiple complex, fast paced, data centers in Northern Virginia. They have been an indispensable resource to our project teams helping us to drive schedule, quality, and key budget goals, all while having a great time and representing our company culture in the best way.

Matt Souders, Senior Director, Construction, Vantage Data Centers

Contact Us

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