



ACE & CO.

ACE & Co. Testimonials

Voices of Impact: results and reflections from the organizations, leaders, and professionals we partner with





Antoinette C Ellis | CoFounder/CEO

About ACE & Co.

Our roots are in STEAM, where we spent years building confidence and leadership in women and girls. That expertise now serves organizations in every sector, wherever culture shapes who gets developed, sponsored, and promoted.

Organizations partner with ACE & Co. to make new leadership competencies actually land, to help capable women become visible ones, and to shift the everyday behaviours that decide who rises.

The pages that follow gather feedback from corporate learning teams, regional and municipal governments, teacher federations, universities, school boards, and professionals we have coached one to one. They are organised by the outcome each partner was working toward, so you can find the ones closest to your own.

Leadership Development That Lands

Organizations bring us in when a leadership framework needs to move off the page and into everyday behaviour.

“Antoinette delivered an insightful and engaging workshop that resonated well with our leadership team. The way she thoughtfully connected the workshop concepts to our organizational values and leadership competencies was especially impactful in making the learning relevant and meaningful. As a result, participants walked away energized, with practical tools they can apply in their daily practice, and greater confidence to lead in ways that reflect our organizational priorities.”

**Raquel S., Learning and Organizational Development Advisor
People and Equity, Dufferin County**

100%

of respondents in our leadership session with Dufferin County said it deepened their understanding of leadership, and rated the session very or extremely engaging.

“Great session, very engaging, informative, and enjoyable. Excellent choice of opening song as well.”

**Participant
Shattering Glass Ceilings and Leading with Impact**

“An engaging and insightful session with useful takeaways.”

**Participant
Shattering Glass Ceilings and Leading with Impact**

Wellbeing and Sustainable Performance

Burnout is a retention problem before it is a wellness problem. These partners asked us to help their people carry heavy workloads without losing themselves in the process.

"I had the absolute pleasure of working with Antoinette Ellis last month. She delivered a workshop for our members and I can confidently say she exceeded every expectation. Antoinette has a unique ability to translate meaningful concepts into practical, intentional strategies that can be easily implement into their daily lives. Antoinette's approach makes personal reflection and professional growth feel both achievable and sustainable. I would highly recommend ACE & Co. to any organization looking to provide meaningful, transformative professional learning."

**Jennifer Brown, Executive Officer
Elementary Teachers of Toronto**

"Antoinette's ability to connect with her audience was evident throughout her keynote address. She masterfully weaved her personal experiences into a narrative that was not only moving but also incredibly relevant to the challenges we, as teachers, face in our profession. Her words resonated deeply with us, reminding us of the importance of self-care, resilience, and perseverance in our daily lives".

**Amber Bowen,
Status of Women Co-Liaison**

Wellbeing and Sustainable Performance

High performance shouldn't demand personal burnout, nor should wellbeing be treated as an afterthought. At ACE & Co, we create space for honest reflection, practical strategies, and lasting impact.

"The workshop was incredibly engaging and informative, with the key takeaways being clear and easy to grasp. Antoinette was able to engage the audience through discussion and provided insightful perspectives on something that many of us deal with but don't allow ourselves to pay much attention to on a daily basis."

Diya Aggarwal
Biomedical Engineering, University of Waterloo

"Burnout was broken down in a way that made it easy to understand. One thing that really stood out to me was the Eisenhower Matrix. I usually struggle with figuring out what to even start working on or how to prioritize tasks, so learning about that framework gave me a clearer way to sort things out. I've already started using it and it's been helpful in taking some pressure off."

Participant
Women in Leadership, Toronto Metropolitan University

"Felt like a safe and comfortable space to share our experiences and learn new things."

Participant
Avoiding Burnout workshop

Confidence That Changes Careers

Technical skill gets people hired. Confident communication is what gets them heard, promoted, and put in front of the room.

“Taking ACE & Co’s public speaking coaching course was one of the best investments I’ve made in myself. Calling it life changing honestly feels like an understatement. At the time I took the course, I was still fairly new to Canada and struggled with confidence in using my voice publicly. What made this experience so impactful was that the coaching went far beyond presentation techniques. It helped me become more confident in who I am and how I show up. In less than a year after completing the course, I was invited to several speaking engagements and opportunities I never would have imagined myself saying yes to before. The confidence and communication skills I gained continue to impact both my professional and personal life today.”

Janet T.
Public Speaking and Communication Coaching client

Confidence That Changes Careers

Building early confidence equips the next generation of leaders to articulate their value, own the room, and shape their future careers.

“Thank you for leading such an impactful “Pitch Perfect” session for the youth at Shad York! It was very exciting to see their engagement as they worked through the 1 min and 5 min pitches. It was also wonderful that you shared your personal journey as an entrepreneur with the youth. Thank you for all the time and effort that went into creating such a meaningful learning opportunity for our Shad community.”

**Michelle McFarlane, Equity, Diversity and Inclusion Manager
Shad York**

“Your presentation truly engaged the students and sparked their curiosity. You provided them with important knowledge and tools that will not only help them with their design entrepreneurship projects but are also vital as they transition to university life and help them succeed in their future careers.”

**Robert T.
Shad York**

Sessions That Move an Entire Room

Some engagements reset how a whole organization feels about itself. These are the ones people were still talking about weeks later.

“Antoinette, so many people have come up to me telling me that they left this session feeling so inspired. You have been described as humble, caring, personable, inspiring and AMAZING. Everyone is still buzzing over the event (including me). It’s safe to say that you have touched us all! I am still left in awe of how perfect that session went and want to thank you both for making this event so spectacular. I look forward to collaborating again in the future.”

City of Coquitlam

“Your willingness to share your knowledge, insights, and personal experiences has undoubtedly left a lasting impact on many aspiring professionals and enthusiasts in the field. The feedback we’ve received has been overwhelmingly positive. It was an honor to have you with us, and we are so grateful for the time, effort, and expertise you shared.”

Busola Kolade

Ornament of Grace and Virtue

“The presenters were very knowledgeable and engaging. I especially enjoyed the storytelling.”

Participant

Shattering Glass Ceilings and Leading with Impact, Dufferin County

Building the Future Talent Pipeline

For organizations investing in the talent they will hire three years from now, this is the work that reaches students first.

“Antoinette has led thousands of students and staff at the Toronto District School Board through STEAM related projects with a focus on compelling young women to take greater interest in Technology and STEAM related careers. Antoinette has an understanding of her audiences, she is highly organized, has wonderful presentation skills and exudes confidence. She is a phenomenal role model for the many young women she steps in front of. If you have a chance to work with her, do not hesitate.”

**Michael Morris, Principal
Toronto District School Board**

“Antoinette played an integral role in this conference’s success. She was one of the keynote speakers and she ran two STEM workshops, which were engaging and inspiring. She also shared her journey with the students. The knowledge that the students gained from Antoinette was invaluable.”

**Karen Lowhar, Vice Principal
Africentric Alternative School, Ujamaa Career
Conference**

“Antoinette was an excellent partner in our effort to share what STEAM education is and how it benefits young learners. From the beginning, she was very flexible, responsive and detail-oriented for our nuanced request and delivered an excellent and thorough presentation.”

Education Commission of the States

Building the Future Talent Pipeline

For organizations invested in tomorrow's leaders, the work starts by inspiring students to turn every experience into opportunity, long before they enter the workforce.

"She spoke with warmth, compassion and charisma as she shared her personal journey. The audience was captivated with her tremendous smile and open dialogue. I would highly recommend her as an engaging, inspirational speaker."

**Samantha Brace, MEng OCT
Peel Board STEAM Conference for Black Girls**

"Antoinette Ellis is truly an engaging speaker that presents with her heart to ensure the audience leaves the keynote with real inspiration and knowledge."

**Elisa Locantore
Schulich BBA Candidate, CSRS Core
Conference, York University**

"In sharing her personal experiences with us, she taught us how one can use knowledge from every experience, good and bad, to create and capitalize on new opportunities. Moreover, she taught us the importance of humility, as an individual but also a corporation."

**Nadia Mendes
Schulich BBA Candidate, CSRS Core
Conference, York University**

"Antoinette was really engaging. She included her own life and career journey that made it even more relatable, especially as a young professional at the beginning of my career."

**Ikremah Khan
Schulich BBA Candidate, CSRS Core
Conference, York University**

Developing the People Who Develop Others

Train the trainer work multiplies. When facilitators and educators gain new tools, everyone benefits.

"This is the cool thing about education too. I always thought it was just classroom teaching, but there is so much more you can do. The way they incorporated STEAM in a hands on way is so cool! It was great to see my students enjoy it and learning so much in a very hands on way. I also learned so much from it."

Participant

Arts Integration in STEAM workshop

"Love the reminders that there is so much more to STEAM than just coding."

Participant

Arts Integration in STEAM workshop

"This was excellent! It's so important to bring real life career connections to schooling for our students. Thanks so much."

Linda Botelho

Arts Integration in STEAM workshop

"So happy to be here for this STEAM Workshop! I totally agree with you about how important it is to let students know what's possible for them."

Jan McMillan

Arts Integration in STEAM workshop

Let's Build the Future Together

**Join the many inspired voices who have
experienced our sessions firsthand.**

A portion of every engagement funds the ACE EmpowerHer Award, delivered with Toronto Metropolitan University and aligned with United Nations Sustainable Development Goal 5, Gender Equality.



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