

About Nancy

Nancy is a communication and leadership facilitator and coach, working with all levels of leaders in individual and team settings to help them understand themselves more deeply and create transformational impact in their personal and professional lives. Facilitating a non-judgmental space of profound trust, Nancy challenges clients to deepen self-awareness, build on their strengths, and explore areas for growth. She believes that when we choose to live fully, with purpose and honor in our values, we will be our full potential and create meaningful results.

Nancy has spent 25+ years elevating the potential of people and their organizations as an instructor, leader, speaker, communicator, facilitator, and coach, internationally. Nancy's business has grown through warm-lead referral. 100% of her business came from warm leads for the first 9.5 years, and more recently shifted to 85% with clients finding her through web searches.

Nancy in Rapid Fire

- Co-active coach, multi-accredited by the world-leader in coaching, the [International Coaches Federation](#) and the [Co-Active Training Institute](#). Multi-accredited facilitator through organizations including DDI, Langevin and CMC.
- Successfully run national, multi-level sales, training and management teams.
- Positive results with groups in financial services, consumer goods, telecommunications, pharmaceuticals, technology, spirits and alcohol, and more.
- Creator of [The Fresh Start Project](#) - helping families move from shelters while being provided basic household and personal items to change their house to a place that feels like home. The organization is now 7 chapters strong, with over 6800 volunteer members, 11 incremental programs and has supported 360+ clients and families since November 2019 inception.
- Recipient of 2022 [Ontario Medal of Good Citizenship](#). Second highest awarded given by the Ontario government.
- Recipient of 2024 City of Mississauga Civic Award of Recognition – Philanthropic Achievement
- Was nominated Fall 2020 for [WXN's Canada's Most Powerful Women: Top 100](#)
- Author of two books; [The Happy Place](#) (second edition, March 2012), a workbook for defining and celebrating what makes you happy and Co-author of [Your Weight Loss G-Spot](#) (December 2015)

Personal

Nancy is one of the most philanthropic people you will meet. Just a couple of her community efforts include her role in the [Jack.Ride for youth mental health](#) developing multiple annual programs for her local food bank, and raising over \$100,000 for ovarian cancer research through her Ruthie's Runners initiative. She is a Board Director for Pickleball Federation of the America and part of the Global Advisory Committee with The Global Pickleball Federation.

She is also activity focused. She has run one full marathon, 16 half marathons, and is in constant motion with sports like tennis, golf, pickleball, yoga, skiing, biking and kayaking. She has a side hustle making Hug Blankets, is known for her unique in-house hosting events and is a cold water plunger. Her career and her life are driven by her values and she is, above all, committed to providing her two sons the best Momma experience possible while raising independent, responsible, love-life-moments adults.



Some Organizations that Nancy Milton Inc. has worked with

Agencies

Bond Brand Loyalty
Brand Momentum
Cossette
Craft
Creative Group
Inventa
Livewire
Marrin
My Big Idea
ReWord SPCG

Automotive

Goodyear Tires
Ford
Honda

CPG/Retail

Dermalogica
Fever-Tree
Hasbro
Image Wear
Napoleon
Roots
Rona
Sabra
World Meats

Engineering

30 Forensic
Stantec

Environment and Regulatory

WSP
E&I Canada Ltd.

Education

Etobicoke Collegiate Institute
Lorne Park Secondary School
McMaster University
University of Guelph —
Veterinarian College
University of Toronto
University of Waterloo

Financial/Insurance

BaiCorp
Bank of Montreal
BlackRock
Brandes Investment Partners
CIBC
CWB
Desjardins
Examworks
Everest Management
Foresters Financial
Freddie Mac
IA Clarington
Manulife
Medeca
Meridian
Peloton Capital Management
Principal
Royal Bank of Canada
Scotia Bank
Snap Financial
Sunlife Financial

Government

City of Bradford
City of Calgary
City of Whitby/ Stouffville
Ministry of Transportation
Set Can
Town of Wilmot

Health & Medical

Astra-Zeneca
Canada's Children Hospital
Foundation
Ferring Pharmaceuticals
Health eMatters
Janssen
Santen
Oculus *Veterinary

Logistics

ChitChats

Online Retail

CheckOut 51
Varage Sale

Organizations

Eco Canada
Law Society of Ontario
WILB — Women in Leadership
& Business
WTS — Women in Transportation
& Shipping
Young Presidents' Organization
PWC

Real Estate

First Capital Realty
Colliers

Restaurant/Entertainment/Sport

Boston Pizza
MLSE
Splitsville

Rewards

Air Miles/Loyalty

Spirits

Ace Hill
Brown-Forman
Moosehead

Technology & Mobility

Bell
Microsoft
MTS Allstream
Rogers
Slack
Triora
Virgin Mobile

Travel

Air Canada