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Combat Veteran: USAF Thunderbird Lead Solo, F-16 Fighter Pilot and Founder of Upside Down Dreams

Flying Through Fear: How Vulnerability Fuels Success. We are constantly under pressure to hire the right people, create a cohesive team, and perform at a high level… to do more with less. However, success hinges on each team member ' s ability to be bold and expand their comfort zone. In her keynote, MACE takes her audience on a surprising and compelling journey through her career as a Fighter Pilot, culminating in her role as the Lead Solo Pilot for the Air Force Thunderbirds. She helps her audience recognize that even those that may seem unflappable have overcome the same doubts and obstacles, suddenly making success seem within reach. Attendees Will: Reassess their comfort zone Learn to use vulnerability as a superpower to accelerate toward goals Realize the normalcy of imposter syndrome and identify how to combat it Recognize how to step into their boldness and let go of fears

Going To War with Your Inner Critic. No matter how confident and independent we appear to be, we all face pressure to fit in, be liked, and meet the expectations of others. This pressure often leads to us becoming our own harshest critic and stands in the way of our success. By diving into the inner workings of our self-critic, we can reframe it. Shedding light on it takes away its power and gives us much needed perspective. Despite MACE' s success, she struggled with the same inner critic that we all do. Over time, she was able to harness this inner voice and use it to propel her toward success. She now uses these techniques to inspire attendees and help them generate positive change in their inner voice. Attendees Will: Identify key attributes of their inner voice that have prevented them from taking action Understand their inner critic does not necessarily align with the truth Develop a new perspective on how to control the power their inner critic wields Have a plan to tackle at least one of their goals by a deadline Form accountability tools with the support of a wingman

Everyone Has a Callsign. Fighter pilot callsigns tend to sound at least kind of cool. However, they don 't get to choose them. They are given based on a mistake that was made as a young pilot. From that point on, they are worn on their nametags as a badge of honor. The tradition of callsigns is based on humility, in celebrating the obstacles overcome to earn that name and to shape a productive view of failure. They help create a culture where mistakes are viewed as opportunities to learn and improve and where people feel safe to fess up when they misstep. In this workshop, MACE takes participants into the world of a fighter squadron, where admitting errors and using them as learning opportunities is the norm. Attendees Will: Reflect on lessons from a previous mistake/failure Find silver linings in things that didn 't go as planned Identify how to reframe their view of failure Be empowered to face future mistakes with a new perspective and growth mindset Have fun and walk

away with their own callsign

The Space Between: Winning the Moment Between Fear and Action We're living and working in a time of constant pressure—tight timelines, rapid change, and a relentless need to perform. In environments like these, fear shows up for everyone. Not always as panic, but as hesitation and second-guessing that quietly stalls momentum. In this keynote, MACE takes audiences inside some of the most intense moments of her career as a Fighter Pilot and Thunderbird to reveal a powerful truth: organizations win or lose in the space between fear and action. Through unforgettable storytelling and practical tools, she shows teams how to respond instead of react—and move forward with clarity and decisive action when it matters most. Attendees Will: Differentiate imagined fear from real fear—and understand how each shapes decision-making Learn how to respond instead of react under pressure Gain simple, practical tools to stay composed and think clearly in high-stakes moments Build habits that strengthen trust, intuition, and execution