



Antoine L. Medley

SPEAKER · TECHNOLOGY EXECUTIVE · AUTHOR · COMMUNITY BUILDER

Building ideas that become movements.

BIOGRAPHY

Antoine L. Medley is a keynote speaker, technology executive, author and community builder whose work centers on resilience, reinvention and the power of intergenerational wisdom. His journey began in Halifax, Virginia, and now spans more than three decades of transformative leadership in technology and innovation.

Across a 30-year career, Antoine has shaped customer and employee experiences for **MetLife**, **Cisco Systems**, **AT&T**, **Discover Financial Services** and **Eaton Corporation**, specializing in communication, collaboration, cybersecurity and leadership solutions.

In 2022 he founded **Sankofa Innovations, LLC**, providing workshops, innovation training, publishing and speaking services. He went on to launch **The Sankofa Incubator**, a 501(c)(3) introducing students of color to Black philanthropy and to frameworks such as Design Thinking, and **DoBetterSafeSpaces**, a private circle where Black men support one another through societal, familial and mental health hurdles. He hosts **theforcedpivot Podcast** and leads **Letters to My 13-Year-Old Self**, a national storytelling movement gathering wisdom from more than 200 Black men, ages 21 to 94.

Diagnosed with Multiple Sclerosis in 2011, Antoine has become a visible advocate for African American men living with the disease — a highly functional patient who refuses to let his health situation slow his calling to serve.

In December 2026 Antoine and his wife Cynthia celebrate 30 years of marriage. A devoted father to daughters Morgan and Clarke, he was named **2016 NC Fatherhood Conference "Father of the Year"** and authored *The Epic Journeys of Morgan and Clarke*. He has served the Phi Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. since 2008, belongs to 100 Black Men of Triangle East, and was named a 2019 Goodman Fellow with Leadership Triangle.

SHORT INTRODUCTION — FOR PROGRAMS & STAGE

Antoine Medley is a speaker, entrepreneur and community builder from Knightdale, North Carolina. With 30+ years in technology and a portfolio of ventures amplifying Black voices, he speaks on resilience, reinvention and legacy — reminding every room that no life is lived in a straight line, and that what you do at the pivot is what defines you.

"I look at my diagnosis as a challenge to live an excellent life of service with a sense of urgency."

ANTOINE L. MEDLEY

EDUCATION

MBA, 2019

Champlain College

B.A. Economics, 1994

Virginia Tech

Executive Certifications

Darden School of Business,
University of Virginia · Cornell
University

CAREER

Eaton Corporation

Program Manager, Cybersecurity
IT

Previously

MetLife · Cisco Systems · AT&T ·
Discover Financial Services

AFFILIATIONS

Alpha Phi Alpha Fraternity, Inc.

Phi Lambda Chapter, since 2008

100 Black Men

Triangle East

Leadership Triangle

Goodman Fellow, 2019

Phi Lambda Educational Foundation

Board of Directors

Talks that move rooms — and the people in them.

SIGNATURE KEYNOTES

KEYNOTE 01

No Life Is Lived in a Straight Line — So What Happens When?

The forced pivot comes for everyone. What you do in the moment the plan breaks is the whole story.

KEYNOTE 02

Reinventing Yourself

Career, identity and purpose are not fixed. A practical framework for becoming who you are next.

KEYNOTE 03

What Type of Person Will You Be?

On the inevitability of choice — and the courage it takes to confront your own destiny honestly.

KEYNOTE 04

From Broken, to Better, to Hero: A Journey We Can All Take

Antoine's signature story of diagnosis, reinvention and service, shaped for any audience facing hard change.

WORKSHOP • 90 MINUTES

Letters to My 13-Year-Old Self

"Sharing our past towards a more free future." A guided, intergenerational writing experience for groups of men and young men.

IDEAL AUDIENCES

Corporate leadership summits and ERG programming · Higher education and student leadership · Fraternity, sorority and NPHC conferences · Men's ministries and faith communities · Non-profit and philanthropy convenings · Youth mentorship and fatherhood initiatives · Technology and innovation conferences.

RECOGNITION

- **2016** — "Father of the Year," NC Fatherhood Conference
- **2019** — Goodman Fellow, Leadership Triangle Regional Program
- **2019** — Gus Witherspoon Award, NPHC of Greater Raleigh
- **2014** — Augustus Witherspoon Leadership Award, North Carolina
- **2011** — "Brother of the Year," North Carolina Alpha Men
- **2010** — Community Award Winner, NPHC of Greater Raleigh
- **2010** — Presidential Citation for the Cornel West Academy of Excellence, Alpha Phi Alpha 90th General Convention
- **Current** — Board of Directors, Phi Lambda Educational Foundation

VENTURES & PLATFORMS

Sankofa Innovations, LLC
sankofainnovations.com

The Sankofa Incubator
501(c)(3) · sankofaincubator.org

DoBetterSafeSpaces
Brotherhood circle for Black men

theforcedpivot Podcast
theforcedpivot.com

Letters to My 13-Year-Old Self
letterstomy13.com

blackVOICESnow
Platform for Black voices

Letters From Another Time
lettersfromanothertime.com

Morgan & Clarke
morganandclarke.com

FORMATS

Keynote
45–60 minutes, with Q&A

Workshop
90 minutes, interactive

Panel & Fireside
Moderated or moderator

Virtual
Zoom, Teams, Webex

BOOK ANTOINE

calendly.com/antoinemedley/speakinginquiry
www.antoinemedley.com

Book a speaking inquiry

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TikTok · X · YouTube

