



Meet Ruth Irene

Ruth is a Senior VDC Coordinator at EllisDon with a passion for Virtual Design and Construction (VDC), Building Information Modeling (BIM), and digital project delivery. She enjoys leveraging technology to improve collaboration, streamline project delivery, and solve complex challenges in the construction industry.

Committed to continuous learning and excellence, Ruth is passionate about inspiring and mentoring the next generation of women in STEM. She is currently on maternity leave and looks forward to continuing to make a meaningful impact in the industry.

What Inspired You to Pursue a Career in STEM?

I've always enjoyed solving problems and understanding how things work. Engineering gave me the opportunity to combine creativity with analytical thinking while making a real impact on the built environment.

As I progressed in my career, I discovered a passion for digital construction and BIM because they allow teams to collaborate better, reduce risk, and deliver projects more efficiently. Knowing that the work I do contributes to buildings and infrastructure that serve communities continues to inspire me every day.

What Is One Challenge You Have Faced in Your STEM Journey, and What Helped You Overcome It?

One of the biggest challenges has been building confidence in environments where women are still underrepresented.



SENIOR VDC COORDINATOR,
ELLISDON CORPORATION

Mississauga, ON, Canada



About Big Sister WCW ★

Big Sister WCW is our bi-weekly Woman Crush Wednesday spotlight celebrating inspiring women in STEM, their journeys, lessons, achievements, and the advice they want to pass on to the next generation of women in STEM.



Early in my career, I sometimes questioned whether I belonged or whether my ideas would be valued. Over time, I learned that preparation, continuous learning, and consistently delivering quality work speak for themselves. I also realized the importance of finding mentors, building meaningful relationships, and believing in my own abilities. Every challenge became an opportunity to grow both professionally and personally.

What Big Sister Advice Would You Give to Girls or Early-Career Women in STEM?

Don't wait until you feel 100% ready before pursuing opportunities. Believe in your abilities, stay curious, and never stop learning. Ask questions, seek mentors, and don't be afraid to take on challenges that stretch you.

Your unique perspective is valuable, and you don't have to know everything to make an impact. Success in STEM isn't about being perfect.

It's about being resilient, continuing to grow, and showing up with confidence even when the path feels uncertain.

Whats Happening at Adelois?

Applications Open for:

FutureHer Mentorship Program



This is a four-week virtual mentorship experience designed to empowering current female grade 09-12 STEM oriented students.

The program includes live virtual sessions, mentor conversations, interactive activities, peer discussions, a participant workbook, a mini project, and a certificate of completion.

Apply by

September 25, 2026

adelois.com/futureher-mentorship/