

Ruth Sack

Overview

Ruth is an executive coach whose business background is in investment banking in the UK and US. She has a particular interest in major transitions and the resulting growth for the individual both within the work environment and personally. She gained her perspective not only from the career in finance but also from working with individuals in a cancer hospice, seeing how the challenges of terminal illness bring an ability to 'learn to live'. In understanding how people rediscover the richness and fulfilment for themselves at a critical time, she has been able to synthesise that experience to enrich her coaching. She works with people through points of transition and change, encouraging and supporting their understanding of their strengths and how to optimise all of their abilities.

Coaching Examples

- In a major subsidiary of a FTSE 100 company, Ruth coached the 'change implementer' through a successful programme of business and cultural change for the subsidiary
- Coached the creative community of a global TV production company
- In one of the top rated Local Councils coached the Chief Executive through the task of sustaining success at a time of transition for the team
- In a major law firm coached a new equity partner to support the transition to becoming an important contributor to the team and partnership while enhancing their management and leadership skills
- In a charity Ruth coached *pro bono* a senior medical practitioner through the process of introducing business and cultural change to the team and region, as well as finding a greater work-life balance, with significant enhancement of the charity's overall impact within the region

Business Background

- In investment banking in a ten year period in New York created the top rated European business for James Capel (now HSBC)
- Joined Schrodgers in late 90's, to help rebuild the ailing securities business which involved: strategic implementation, cultural change, and building, marketing and developing a core client base in Europe, Asia and USA
- Coached across range of disciplines within financial services for business development, performance and change as well as work in other professional service firms and the media around transition
- Part of a team working on a King's Fund project on *Enhancing Care at the End of Life* which has led to a major hospice refurbishment; Ruth is involved with the programme to commission 36 pieces of original art for the building

Qualifications

- BSc Honours in Management Science, UMIST
- Stock Exchange and SEC professional exams
- Meyler Campbell Business Coach
- Myers Briggs MBTI[®] and FIRO-B[®] certification
- British Psychological Society – member of Special Group in Coaching Psychology
- Continuing professional development programmes, including coaching supervision

Other Information

Ruth is married with two children, adores rugby and is a keen fitness enthusiast (gym and yoga), amateur nutritionist and passionate cook. She chaired the fundraising group for Saracens U18 tour to South Africa 2007 which gave a development school funds for their sports programme. She enjoys the arts, especially opera and theatre, and is now a reluctant admirer of rap music as one of her sons writes and performs!