

Ruth Sack

Overview

Ruth brings a powerful business background in investment banking in the UK and USA along with insights from her work in a cancer hospice to create a unique coaching perspective. In working with people 'learning to live' and (re)discovering life's richness and personal fulfillment, she has developed a profound understanding of what helps people to move through critical points of transition. This understanding, combined with her business and finance background, enables her to support people through change, encouraging and developing their understanding and optimum use of all their strengths and skills.

Coaching Examples

- Within a major subsidiary of a FTSE 100 company, Ruth was able to coach the 'change implementer' through a highly successful programme of change from both a business and cultural point of view
- Coached the creative community of a global TV production company
- Ruth coached the Chief Executive at a highly rated local council through the task of sustaining success for the council at a time of major transitions for the team
- At a major law firm she was able to coach a Group Head through the visioning and implementation of a restructure of the practice
- Within 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

- Ruth's work within investment banking during a five year period in New York created the top rated European business for James Capel (now HSBC)
- After joining Schroders in late 90's, helped to rebuild the ailing securities business which involved: strategic implementation, cultural change, developing the marketing and building a core client base throughout Europe, Asia and USA
- In her coaching Ruth has worked in a variety of different environments and sectors, the public sector including work with Senior Police Officers, professional services as well as the third sector
- Participant in 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 was involved with commissioning original works art for the building
- She is a co-collaborator on research projects at UCLH in the psycho-oncology area

Qualifications

- BSc Honours in Management Science, University of Manchester – UMIST
- Stock Exchange and SEC professional exams
- Meyler Campbell Business Coach, accredited by WABC
- Myers Briggs MBTI® and FIRO-B® certification; Mindfulness for Coaches
- British Psychological Society – member of Special Group in Coaching Psychology
- Continuing professional development programmes, including coaching supervision

Other Information

Ruth is married with a family, is a rugby fanatic, a fitness enthusiast (gym and yoga), amateur nutritionist and passionate cook. She chaired the fundraising group for Saracens under 18 tour to South Africa 2007 which gave a school in a development township funds for their sports programme. She is an enthusiastic participant in the world of arts, especially opera and theatre, and regularly attends public debates. She is now a reluctant admirer of rap music as one of her sons writes and performs!