

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 individuals and teams through change, encouraging and developing their understanding and optimum use of all their strengths and skills, so enabling them to unlock perceived obstacles.

Coaching Examples

- Within a major subsidiary of a FTSE 100 company, Ruth coached 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
- Worked with leadership teams in a law firm and a charity to unblock perceived obstacles, unleash quality thinking and clarify actions to achieve their goals
- 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 coached 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 organisations, including professional services, media companies, public sector including work with Senior Police Officers, and 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 of art for the building
- She is a co-collaborator on research projects at UCLH in the psycho-oncology area and is on the Advisory Group of the The Dimpleby Marie Curie Cancer Care Research Fund

Qualifications

- BSc Honours in Management Science, University of Manchester – UMIST
- Stock Exchange and SEC professional exams
- Meyler Campbell Business Coach, accredited by WABC
- MBTI® and FIRO-B®; Mindfulness for Coaches; The Thinking Partnership® (Nancy Kline)
- 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 with a healthy taste and respect for great wine. 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!