



Helping women find themselves again in the world of work

What my clients have said:

Ruth is amazing! I have worked with Ruth on several occasions at different stages of my career and her coaching style has been exceptional. Ruth has a personable coaching style, and during the sessions always allows you to explore the routes that you want to and if you don't want to is fully respectful of that. Ruth picks up on things that you may not have and allows you to dig deeper into those areas to truly break down any barriers you may be experiencing. The work that I have done with Ruth has enhanced my career and led me on to some successful opportunities. I couldn't have done any of it without Ruth's coaching. Thank you Ruth :-)

My story

My career has taken me on a fascinating journey of discovery about people and how they respond and behave in different situations. Early in my career I worked for a leading youth development organisation, taking young people on personal development expeditions around the world. During my time there I was fortunate to be given responsibility for the emotional and physical wellbeing of many groups of young people, in some remote and challenging locations. I was inspired by their resilience and openness to learning when they were under pressure and far from home, and these experiences sparked my interest in neuroscience, emotions, and behaviours.

I set up Farscape Development in 2004 off the back of these experiences of coaching and developing young people, and I decided to focus my attention on adults in the world of work. I have huge empathy for the enormous pressure that many people work under, whether self-imposed or created by the organisations they are working in, and the impact that these pressures have on people's confidence, behaviours, and effectiveness.

Since becoming a mother in 2019 I have been fascinated by the enormous change that women go through as they enter this period of 'matrescence'. I have been astounded by the stories of courage, doubt, guilt, ambition and determination as women navigate the re-wiring of their brains and the shift in their identities whilst also returning to successful and challenging careers. As a coach I understand the power of holding a space for these women to explore how they can be both mother and professional working woman, and so my focus on return-to-work coaching began.

My 20 years' experience of working with people in one-to-one coaching relationships, as well as group coaching and facilitation, has helped me to appreciate the power of coaching; of creating a safe space for someone to explore their challenges, vulnerabilities, beliefs, hopes and aspirations, and to do so with a sense of no judgement and a belief in the importance of not knowing. Coaching is a murky world. You never quite know what you're going to get before you start! However, in this magical and intimate space great things can happen.

My desire to understand the journey that women go on during this period in their life has also led me to set up the 'Professional Working Mum' podcast. My mission is to help women to tell their stories and share their successes and failures so that other women have a useful resource to learn from and a place to go when they feel alone. You can find this podcast on [Spotify](#) and [Apple](#).

My coaching style

As a coach, I am an expert in 'not knowing'. It's this not knowing that allows me to be curious, to ask questions, to explore and to delve deeper, without my own knowledge or agenda getting in the way. You are the expert on you. Sometimes you just need some help finding your way to the answer. My approach is kind, curious and challenging and I create a safe space where you can share your vulnerabilities and emotions. I draw upon lots of different coaching approaches, depending on what your needs are and what feels right for you.

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Interesting stuff about... Ruth

My favourite place to coach

I love coaching outside – walking or sat looking at a beautiful view. I believe that people are at their most resourceful when they're not in the office.

My favourite inspirational book

Daring Greatly by Brené Brown because it explores fear, vulnerability, and kindness.

A Life's Work: On Becoming a Mother by Rachel Cusk because it is an honest exploration of the realities of motherhood.

A random fact about me

I am very comfortable with other people's tears.

Why I love coaching

Coaching is an intimate and unique relationship. When done well, it's a space where people can explore some of the beliefs and experiences that have impacted who they are and how they behave and make profound and significant changes to how they approach work as professional working women. I empathise deeply with the experiences that women have when returning to work and I love to create a space where they can become the architect of their return-to-work experience and take control of how they feel about this unique transition and journey. It's sharing in an exploration and discovery and it's this that makes coaching exciting and challenging. I love knowing that I can support women whilst they are making important changes that will have a positive effect on their lives.

My specialist areas

Coaching is focused, challenging, often difficult and nearly always rewarding – but you don't always know what you're going to get when you start! I have a particular interest in working with women who are returning to work following a period away, often after maternity leave. I'm passionate about supporting women and exploring the issues that may hold them back such as guilt, anxiety, or a lack of confidence. To read more about this please visit www.ruthmoodycoaching.co.uk.

I also work with leaders in organisations who need to develop and grow. Whether it's about confidence and resilience, overcoming a specific problem or challenge at work, or about transforming the way you are at work, the coaching I provide gives you the space to stop, think, notice, reflect, and crucially to make the changes you need to be successful and happy.

My coaching methodology

I draw upon lots of different methodologies when coaching, depending on what is right for my client. For some people they may want to explore what has led to a certain set of behaviours or beliefs, for others they prefer to stay focused on the present reality and work towards a solution. I prefer to remain open-minded and to respond in the moment to what my client needs.

My qualifications and accreditations

- Advanced Certificate in Executive Coaching (Masters Level – Distinction)
- Institute of Leadership and Management Level 7 Certificate in Coaching and Mentoring
- Accredited in the Emotions and Behaviours at Work psychometric (EBW)
- Licensed Primary Colours Leadership Report practitioner
- Post Graduate Certificate in International Field Leadership
- A member of the British institute of Learning and Development (BILD)
- A member of the CIPD
- A member of the International Coaching Federation (ICF) working towards Associate Coach credential

Clients I have worked with

- Allianz Insurance
- Airbus
- Vanquis Bank
- Hydrock
- Reckitt Benckiser
- Rentokil
- Doosan Babcock
- The Nielsen Company
- Sir Robert McAlpine
- Alterian
- EDF Energy
- Orbit Housing
- Buro Happold
- IFRS
- Computacenter
- Vitality

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