



BIOGRAPHY

Ruth Grodek

Ruth Grodek has been working in the field of motivation, communication, and personal development since 1980. In 1988 she set up her own consulting and coaching business (under her maiden name Ruth Lederman) offering development programmes in communication, team-building, motivation, leadership, managing change and personal development to senior executives throughout the marketing and communications industry.

In 1991 she became one of the original coaches at The Coaching House. She was instrumental in building the company's approach and led many projects for them during their first eight years of business. She launched Creation in 1999.

Over the years she has developed her own philosophy, models and coaching style, which she uses to coach individuals and teams. She prides herself in her ability to listen at the deepest level in order to fully identify and address the core of any issue. She is committed to helping individuals build honest, brave, respectful and productive relationships with their team members – whether working with the board or more junior teams. She uses her experience in business to complement her 'people skills' and helps her clients to arrive at solutions that not only work but also are popular.

Alongside her corporate work, she leads global personal effectiveness programmes for large groups of people (between 40 to 120 individuals) on behalf of Insight Seminars.

Ruth is married to an Argentinean 'Horse Whisperer'. She spends much of her spare time walking the dogs (three beautiful Rhodesian Ridgebacks – quite a master class for her own leadership development!) and enjoying life in the Kent countryside. She was born in London – the eldest of four siblings. She studied Architecture at university. She loves reading, going to the movies, warm weather – and enjoys the thought that there seems to be a deeper power inside us, and many mysteries to discover.

Some of her clients include: AAR, Accenture, BBC, B&Q, Boomerang, CBS Outdoor, Cedar Communications, 2CV:research, Daily Mail, Delaney Lund Knox Warren, Electronic Arts, Evening Standard, Financial Times, Hallmark Channel, Happen, and IPA.