

# Coach Curriculum Vitae



## **Ruth Leahy** **Executive Coach**

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### **Areas of Particular Strength**

- Enabling others to identify and enhance their key strengths
- Enabling others to drive Change within themselves and others
- Supporting Business Leaders to higher levels of Performance

### **Coaching Experience**

Ruth is one of the founding partners of MDP Coaching. Over the last 10 years she has personally coached over 200 executives, senior managers and high potentials, working in Western and Eastern Europe, Africa, USA, Middle East, and Asia.

In the management and leadership development field, she is a trainer and facilitator on an extensive number of executive programmes. Her area of expertise is leadership with a specific focus on self-awareness, communication, coaching, feedback, team building and change management. She has accumulated over 20 years experience in the management development, training and coaching field, working with companies such as:

Aliaxis, Bayer Schering Pharma, ETEX, Gambro, Haldex, Munters, Oriflame, Ratos, Stora Enso, Tetra Pak, Tieto, and Volvo Group, among others.

She has been a guest faculty member at business schools such as University of Antwerp Management School, Tias Business School, and Vlerick Business School.

### **International Business Experience**

Ruth has spent her entire career working in international settings. She is Managing Partner and co-founder for *Management Development Partnerships (MDP)* a network organisation located in Brussels working with large international companies to support their needs in management, leadership, and executive coaching.

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Ruth worked for *IFL (Swedish Institute of Management)* Brussels operation for three years as Programme Director designing and facilitating international general management in-company and consortium programmes.

Prior to that, Ruth worked for 13 years for *Management Centre Europe* and its parent operation *American Management Association*. During her last years there, she was part of the senior management team and had bottom line and management responsibility as Regional Development Director for the Asia Pacific Region. This involved developing the management training business in that region through identifying and working with joint ventures and alliances.

Ruth has founded or co-founded four businesses in Belgium.

## Ruth's personal background

Ruth is married and of British nationality with her base of residence in Brussels for more than 26 years. She spends her free time playing field hockey, hill walking and skiing.

## Academic Qualifications:

Ruth has an MSc in Financial Economics from University of London, SOAS and a BSc in Business and Management from the University of Maryland, Europe.

She is accredited on a number of personality, behavioural and team instruments such as MBTI (Myers-Briggs Type Indicator) Step 1 & Step 2, Firo-B (Fundamental Interpersonal Relationships Orientation Behaviour), CSI (Change Style Indicator) TMS (Team Management Systems), and 360 instruments such as Benchmarks, CLI (Campbell Leadership Index) and LEA (Leadership Effectiveness Analysis).

She holds the ICF accredited Diploma in Advanced Executive Coaching from the Academy of Executive Coaching in London, UK and is a member of International Coach Federation (ICF) and European Mentoring and Coaching Council (EMCC).

## Coaching Style:

Ruth's style is based on a structured and methodical approach, whilst engaging people in a reflective, interactive and practical way. She is supportive towards the individual and helps them to identify and enhance their key areas of strength.