



## PROFILE

# RUTH FARENGA

## EXECUTIVE SUMMARY

Ruth is a leadership coach, facilitator, and bestselling author who transforms leaders through deep self-development and leadership practices to help them reach the next level of their growth. Working with major companies like Accenture, BMW and Workday, she helps leaders create lasting change.

Her acclaimed 2023 book 'Next Level Leadership' was shortlisted for the Business Book Awards, and her TEDx talk has inspired thousands with transformative practices. She also hosts the Conscious Leaders Podcast, interviewing successful CEOs who excel at both people leadership and commercial success.

Ruth's approach prioritises inner work and relational development ahead of culture building, creating sustainable organisational change.

## AREAS OF SPECIALTY

### Senior leadership development

Ruth brings extensive experience coaching and facilitating at the executive level. Working one-to-one and in groups with senior leaders, she guides them through profound inner transformation that cascades outwards, creating a positive ripple effect throughout their teams and organisations.

### Top talent development

Ruth specialises in developing emerging leaders as they transition into senior roles. She helps high-potentials step back from operational demands to reimagine their leadership identity and amplify their impact. Her work focuses on essential capabilities including delivering incisive feedback, coaching for performance and leading with authenticity.

### Wild adventures

Ruth is a specialist at building transformational off-site retreats for leaders. Whether it be a 1 day or a 3-night retreat, Ruth allows leaders to gain clarity and vision through stepping away from the day to day, engaging in reflective practices, and immersing themselves in nature. Leaders consistently leave with a new sense of energy and purpose.

## QUALIFICATIONS

- BSc (Hons) in German and Business
- Diploma in Transformational Coaching (EMCC Accredited)
- Advanced Diploma in Transformational Coaching – Master Coach (in progress 2025-2026)
- Diploma in Mindfulness Teaching
- NLP Practitioner
- Native English speaker
- Years of leadership development experience: 10+

## CLIENTS

- Accenture
- BMW Group
- Workday
- Treatwell (software)
- James Cropper (manufacturing)
- Genie Ventures (e-commerce)
- Hable (IT & change management)
- TES Institute (Media & education)
- Brunel University
- Bath University



**STRATEGIC LEADERSHIP**

**CONTACT**

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