



## Ruth Pearson

### Transformational well-being coach and trainer

Leadership expert who also has experience of working with a 'secret' disability, Ruth Pearson is passionate about supporting people so they can be motivated to learn in both their personal and professional lives.

## Ruth's biography

### Ruth Pearson's background

Ruth Pearson is a [motivational speaker](#), television presenter and broadcaster working with GoodNewsBritain.com, inspirational coach, and author who motivates others so they too can be inspired to aspire. Her career started in an educational setting. She taught in a secondary school for over 25 years rising to the position of Deputy Headteacher. Following her redundancy in 2013, she later learnt about the use of the Motivational Maps system and trained to be a Master Coach. Her coaching helps others to get detailed understanding of what motivates them as individuals, their colleagues, or the teams that they are part of. Ruth has achieved all of this, living with the autoimmune illness of lupus – a hidden disability.

Ruth is passionate about supporting people so they can be motivated to learn, in both their personal and professional lives. She has spoken in a variety of different settings sharing her varied experiences from both her professional and personal life.

She speaks on issues of empowering individuals to be the best that they can be, despite challenging situations that they may find themselves in. She shares her own personal life experiences in a way that helps others to know that they do not have to let their past define their future. She shares specific strategies they can use to be motivated to take action, have better relationships (both personally and professionally), and have a better [work-life balance](#).

Ruth has a vision: to establish a network of collaborative services that will assist individuals and businesses with techniques to motivate others and equip them with life skills. She also believes that

individuals should look after their own well-being.

Ruth is available as [a motivational speaker](#) in the UK, where she resides, and internationally.

## Ruth's talks

- **Overcoming challenges and improving relationships by better communication**
- **Work-related stress and disabilities**
- **From employed to business owner**
- **5 steps to take action for well-being as a business owner**
- **Celebrate your uniqueness**

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