



Ruth Elliott

BA (Hons), BFA, Post Grad Dip (Social Research Methods), Post Grad Dip (Arts Therapy) , MSc Psych Coach

Ruth Elliott holds a Master's degree in Coaching Psychology (University of Sydney), a Bachelor of Arts degree (Sheffield Hallam University, UK), a Bachelor of Fine Arts degree (The National Art School, Sydney) a Post Graduate Diploma in Arts Therapy (Whitecliffe College, Auckland) and a Post Graduate Diploma in Social Research Methods (Surrey University, UK), with accreditations in The leadership Circle, Strengths Profiler and the MTQ48 Mental Toughness assessment tools. She is a member of the International Coaching Federation (ICF), the International Society of Coaching Psychology (ISCP) and the International Positive Psychology Association (IPPA), and is also on the Executive Committee of the New Zealand Association of Positive Psychology (NZAPP).

Ruth's professional background spans over 20 years, working in leadership positions within the Corporate (Information Technology), Education and Health arenas in both Australia and the United Kingdom. As such, she has a full understanding of the pressures and challenges working in fast-paced constantly changing environments.

Ruth is passionate about working with individuals and teams, to make work a place of excellence and engagement, whilst also becoming healthier, more enjoyable places to be. By combining a sense of purpose, knowledge of values and utilising strengths, Ruth believes workplaces can be places where people can flourish. Ruth has a particular passion for working with emerging female leaders. She uses practical and proven evidence-based approaches from the fields of Coaching and Positive Psychology, to facilitate greater awareness, understanding and meaningful lasting behaviour change.

Ruth is engaged as a Senior Associate of The Positivity Institute, working closely with Dr Suzy Green on applied positive psychology and evidence-based coaching engagements in the corporate sector, not-for-profit sector and the community.

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