

Ruth Hughes

Contact: office@curious-human.co.uk

Tel: 07511638116

www.curious-human.co.uk



About

Ruth Hughes is a positive psychology coach, consultant and speaker with a mission to improve wellbeing in the workplace and in education. She has a breadth of pastoral expertise and a particular interest in supporting resilience in those experiencing change, through facilitating a greater understanding of the emotional impact of culture shock on identity. After twenty-five years in leadership roles working in schools, NGOs and universities in the UK and overseas, in January 2018, Ruth undertook an MSc in Applied Positive Psychology and Coaching Psychology at the University of East London, founding her positive psychology training and coaching company Curious Human in April of the same year. She has worked as a teacher, tutor, youth theatre leader, Head of Department, Director of Boarding, Senior Leadership Team member, Deputy Designated Safeguarding Lead and Director of Marketing and Admissions, regularly teaching, consulting and speaking at seminars and conferences for top international and British boarding schools, as well as organisations such as the Boarding Schools Association, Country Life Future Schools Fairs, The British Boarding Schools Network and specialist student recruitment agencies both in the UK and around the globe. Ruth is passionate about connecting with and championing young people.

Qualifications

MSc in Applied Positive Psychology and Coaching Psychology (to be completed 2019)

Certificate in Schools' Marketing (AMDIS – Distinction 2016)

Leadership Development Programme (Promoting Excellence - Outstanding Pass 2015)

Certificate in Admissions Management (AMDIS 2015)

Postgraduate Certificate of Education (Buckingham 2012)

Certificate of Professional Development in Boarding Education (Roehampton 2010)

Postgraduate Certificate in Theatre Practice (Exon 1996)

BA (Hons) English Literature 2:1 (Exon 1990)