

RUTH CLARE

AUTHENTICITY, RESILIENCE
& CHANGE EXPERT



TEDX & MOTIVATIONAL SPEAKER | AWARD-WINNING AUTHOR

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RUTH CLARE

DO YOU WANT THE KINDS OF LEADERS, CHANGEMAKERS, COLLABORATORS AND COMMUNICATORS THAT CREATE OUTSTANDING ORGANISATIONS?

GET READY TO UPLEVEL WITH RUTH



Ruth Clare is an award-winning author, actor, qualified scientist and authenticity, resilience and change expert who learned by necessity, first to survive, then to thrive.

She weaves research and hard-won lessons with powerful, relatable stories from her lived experience overcoming adversity, to create unforgettable motivational experiences with the power to change lives.

With a rare knack for distilling the neuroscience and psychology of human behaviour into simple ideas and practical strategies, Ruth shows people how to embrace uncertainty, stay hopeful when times are tough and harness their potential for growth and change.

A world-class motivational speaker with a TEDx talk that has more than 500,000 views, Ruth doesn't just inspire people to change, she shows them how.

As featured

SPEECHES CUSTOMIZED TO YOUR EVENT

Ruth's former career as a communication strategist consulting to organizations like Citibank, Medtronic and ECINS, has taught her the power of understanding issues and clarifying objectives before offering solutions.

RUTH'S PROCESS

1. UNDERSTAND

- audience demographic
- challenges/ opportunities
- themes
- objectives
- why this event
- why now

2. DEFINE

- transformational change you want to see
- how we measure success

3. RESPOND

- choose most relevant stories and research
- create customized speech



“ What made working with Ruth an absolute pleasure was her down-to-earth nature and approachability. She remained humble and relatable throughout the entire process and her willingness to listen, collaborate, and tailor her speech to meet the specific needs of our event was truly commendable. ”

Luke Lindsay, Lifeline

SPEAKING TOPICS

SESSION 1: BUILDING CHANGE RESILIENCE

Why do so many of us fear and resist change and how can we learn to embrace it? We are managing more change at a faster pace than at any other time in history. In the midst of so much uncertainty even the most flexible among us can be stretched to breaking point. Incorporating fascinating insights from biological and behavioural science, in this groundbreaking talk Ruth builds a new understanding of the deeper reasons uncertainty is so destabilizing, giving audiences a transformational toolkit to build their capacity to not just tolerate change, but embrace it as an instrumental part of work and life success.

In this session you will learn:

- how to override the ancient brain reflex driving your fear of change
- the three things you need to do when you face resistance or overwhelm
- how changing the stories you tell yourself transforms your relationship to uncertainty
- fun ways to develop a tolerance for pushing outside of your comfort zone
- how a clear "reason why" makes change easier
- how to overcome perfectionism and use failure to build confidence
- strategies to reframe challenges and manage perspective



“ The response from your speech has been astounding. So many calls, emails and conversations from people telling us about the impact you had on them. The way you got past the professional facade and tapped into people’s hearts has advanced what we have been trying to do with our program by years. ”

Dani Gold,
Melbourne Royal Children’s Hospital

SESSION 2: TRIUMPHING IN TOUGH TIMES

We don't always get to choose what happens to us, but we do get to choose how we respond. Learn proven and empowering strategies to develop a radical ownership mindset, reframe challenges as growth and stay hopeful, motivated and feeling in control in out-of-control times. From a resilience expert who has overcome enormous challenges from a very young age, this session will not only boost your productivity, it will change your life.

In this session you will learn:

- Why shifting from blame to ownership makes you happier
- The productivity benefits of a hope-driven mindset
- How to stay focused only on those things you control
- The secret to developing an unshakeable growth mindset
- How to overcome the negativity bias of your brain
- The key to feeling confident and empowered in the face of any challenge



“Ruth's keynote speech was a powerful blend of storytelling, profound insights, and practical wisdom. Her ability to translate her experiences into valuable life lessons was awe-inspiring, leaving a lasting impact on every individual in the room.

The way she connected with each person in the audience on a personal level was a testament to her exceptional skills as a speaker and storyteller.

This was not just a one-time experience, but a transformative journey that left us feeling inspired, motivated, and empowered. ”

Luke Lindsay, CEO Lifeline

SESSION 3: WHY HUMAN-FIRST WORKPLACES WIN

Underneath our professional facades, we are all flawed and vulnerable human beings who want to feel valued, cared for and like we belong. While many businesses try to keep the messiness of our humanity out of the office by erecting walls between people's real and work selves, this approach fails to build the trust and connection that drives true innovation, collaboration and engagement. In this talk you will learn how a human-first approach not only creates stronger and more authentic work relationships, it harnesses the natural energy and drive of individuals leading to greater business success.

In this talk you will learn:

- What human-first workplaces are and why they succeed
- The relationship between authenticity, trust and engagement
- The simple practice that will forever change the way you lead
- How to embrace vulnerability and transform your relationships for the better
- The surprising way to build stronger connections
- Why authenticity and diversity at work matters more than you think
- Practical examples of human-first practice in business



“ Ruth’s willingness to be vulnerable in front of a crowd creates a magnetic atmosphere that keeps people transfixed.

Ray Tiernan,
Port Phillip City Council

A wonderful and evocative presentation that profoundly moved participants. ”

Nada Lane
President, CPPAA

WATCH RUTH IN ACTION



https://www.youtube.com/watch?v=XGpUUI1n6_8&t=9s

CONNECTION ON AND OFF THE STAGE



Ruth's powerful message resonates deeply with audiences and she loves genuinely connecting. It is often the personal conversations that happen off the stage that are where the real magic happens.

RUTH CLARE

“ The most positive thing to have come out of the adversity I faced when I was younger is that the years I spent learning how to heal have now become the foundation of my life's work helping others.

I remind people that they are not alone in their struggles and empower them with the psychological tools and insights that have been most instrumental in transforming my life.

There is nothing I love more than leaving people and organisations feeling more positive and capable in the face of uncertain and challenging times. ”



LET'S CONNECT!

I'm a friendly lass. Don't be afraid to give me a call. Always happy to help.

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