



PEARCE INSIGHTS™

RUTH PEARCE COACH-MENTOR

Coaching & Mentoring
Options for Individuals,
Groups, Teams &
Organizations



What Clients Say

**BE HOPEFUL, BE STRONG,
BE BRAVE, BE CURIOUS**

"Ruth is brilliant and insightful as a coach. She is also very engaging and has a wonderful sense of humor! She has helped me work through and overcome some very difficult personal and professional challenges. The insights and focus I have gained have been extraordinary. I highly recommend Ruth as a coach as I am confident you will find working with her is a truly rewarding experience."

www.pearceinsights.com
Chapel Hill, NC, USA
email: Admin@allelec.org



PEARCE INSIGHTS™

Contact Us

Email: Admin@ALLELLC.org

Tel/WhatsApp/Text: (845) 216 3098

LinkedIn: <https://www.linkedin.com/in/ruth-pearce/>

Website: <https://www.pearceinsights.com>

LinkTree: <https://linktr.ee/pearceinsights>

Calendar Access: <https://calendly.com/pearceinsights24>

Be Hopeful, Be Strong, Be Brave, Be Curious - *Premium* Coaching Package

with Ruth Pearce



Elevate Your Leadership: Unlimited Monthly Coaching for High-Performing Leaders & Teams Are you a leader striving to enhance your influence, boost team effectiveness, and foster a positive work environment? Our unlimited monthly coaching package is designed to help you and your team achieve peak performance and satisfaction. Beat biases, lead with confidence.

What We Offer:

- **Unlimited Coaching Hours:** explore leadership goals & team dynamics whenever you need.
- **Text and Email Support:** ensuring continuous support for leadership & team-building efforts.
- **Opportunities for review:** send draft emails, presentations, annual staff reviews for feedback.

What You'll Achieve:

- **Enhanced Leadership Influence**
- **Improved Team Effectiveness**
- **Greater Clarity & Self-Awareness**
- **A More Positive Work Environment**

Who You Are:

- You're a leader looking to maximize your influence & effectiveness.
- You aim to build & maintain a high-performing, happy team.
- You're committed to personal growth & continuous improvement in your leadership role.
- You've tried other methods & are seeking a more comprehensive, flexible coaching approach.

Monthly Fee: \$1000

Ready to Transform Your Leadership and Team Dynamics? Contact me to discuss how my coaching can help you be an influential leader & build a thriving team. Email: RuthPearce@Allellc.org or phone/text (845) 216 3098

Feedback: *"Ruth is a phenomenal coach. She approaches her work with the most lovely curiosity--and a palpable desire to support the very best in others. She's warm, funny, candid, direct and has a way of leading me to questions without asking them--simply, masterful coaching. I recommend Ruth without hesitation--she's a gem.."*

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Email Admin@allello.org

Coaching Programs

Available from July 1st, 2024

Be Hopeful, Be Strong, Be Brave, Be Curious - *Standard* Coaching Package

with Ruth Pearce



Unlock Your Potential: 3-Month Leadership/Fellowship Coaching Program: Are you feeling like there's more to life but aren't sure how to achieve it? Are you in transition or wondering what's next? If you're motivated to grow, eager for change, and ready to explore new possibilities, our tailored coaching program is designed for you.

What We Offer: 3-Month Coaching Program

- **In-Depth Intake Process:** an interview to understand your unique needs & aspirations.
- **Bi-Weekly Meetings:** Meet me online or by phone to dive deep into your goals & progress.
- **Ongoing Support:** text & email coaching in between sessions to ensure continuous support.
- **Emergency In-Person Meeting:** One 45-min face-to-face session when urgent issues arise.

What You'll Achieve:

- **Increased Confidence:** Build a strong sense of self-assurance.
- **Greater Influence:** Enhance your ability to impact and inspire others.
- **Lifelong Learning and Growth:** Acquire skills & insights that benefit you throughout your life.
- **Improved Self-Awareness & Intentionality:** learn who you are & how you impact others.

Who You Are:

- You feel there's more to life and are seeking direction.
- You're in transition or contemplating what's next.
- You're passionate about personal growth and self-improvement.
- You've tried other methods & are looking for something more impactful.

Fee: \$2000 with flexible payment plans to fit your budget & ensure you get the support you need.

Ready to Start Your Journey? Book a time to talk with me to explore your needs: [Book Time With Ruth](#)

Feedback: "... Keeping a focus on our sense of purpose aids in decision making by helping us to baseline choices against our overall purpose. If you can find her, I would HIGHLY recommend my "8th heroine" to anyone who is looking to meet an "Inspirational Leader" who will help you experience the heights of mindfulness allowing you to be a mastermind of your own path. Everyone can benefit, whether you are a leader, follower, parent, child, doctor or teacher."

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Coaching Programs

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Available from July 1st, 2024

Be Hopeful, Be Strong, Be Brave, Be Curious - *Single* 1:1 Coaching Session

with Ruth Pearce



Refresh and Revitalize: One-Time Individual Coaching Sessions: Are you facing an urgent challenge or need a fresh perspective? Our one-time individual coaching sessions offer targeted support to address specific issues, rejuvenate your approach, & provide actionable insights.

What We Offer: One-Time Coaching Sessions

- **Focused Support:** address urgent challenges, exploring specific issues, or gaining clarity
- **Flexible Scheduling:** Schedule at your convenience to get timely assistance and guidance.
- **Personalized Insights:** tailored guidance & strategies to tackle your unique situation effectively.

What You'll Achieve:

- **Immediate Clarity**
- **Fresh Perspective**
- **Targeted Solutions**
- **Enhanced Confidence**
- **Revised Assumptions**

Who You Are:

- You have an urgent issue or challenge that needs immediate attention.
- You're looking for a fresh perspective on a complex problem.
- You need a quick, focused coaching session to address specific concerns or questions.
- You prefer a one-off session rather than a long-term commitment.

Ready to Tackle Your Challenges Head-On?

Contact me today to schedule your one-time coaching session and gain the clarity and support you need to address your most pressing issues. Or book a time to talk with me to explore your needs:

[Book Time With Ruth](#)

Feedback: *"Ruth is THE person you want to work with. From her knowledge of Positive Psychology and the VIA Character Strengths to her capacity to see clearly and reflect back with clarity, she has the capacity and talent to coach you and make you realize (1) what you truly want, (2) where you want to go and (3) how you can get there. And she does all of that from a stance of acceptance and non-judgment."*

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Coaching Programs

Email Admin@allellco.org



PEARCE INSIGHTS™

Be Hopeful, Be Strong Be Brave, Be Curious - *Group* Coaching Package

with Ruth Pearce



Transform With a Group: 3-Month Coaching Package: Are you ready to achieve goals, cultivate strengths, & excel with others? Our 3-month group coaching package is designed to foster community, enhance belonging, & develop every member's potential by learning together.

What We Offer: 3-Month Group Coaching Program

- **Biweekly Virtual Sessions:** team coaching sessions focusing on shared objectives & growth.
- **Personalized Book:** Each team member will receive a copy of *Be Hopeful, Be Strong, Be Brave, Be Curious*, for individual development & reinforce key coaching themes.
- **Ongoing Email Coaching:** between sessions, to address questions & challenges as they arise.
- **Emergency Support:** one 45-minute 1:1 session pre person to address urgent issues or concerns.

What You'll Achieve:

- **Sense of Belonging**
- **Named, Claimed & Cultivated Strengths**
- **A Safe Place to Experiment & Test New Ideas & Behaviors**
- **Increased Self-Awareness & Other-Awareness (Emotional & Social Intelligence)**
- **Positive Collaborative Learning**

Fee: Please inquire. Fees determined by scope of program. We have a network of partners who will collaborate with us for larger groups. We also run groups that individuals can sign up for.

Ready to as a Group & Learn Together? Contact me to discuss how group coaching can help you. Email: RuthPearce@Allellc.org or phone/text (845) 216 3098

Invest in your success & growth. Let's work together to build a stronger, more effective, & community!

Feedback: *"Ruth is THE person you want to work with. From knowledge of Positive Psychology & the VIA Character Strengths to her capacity to see clearly & reflect back with clarity, she has the capacity & talent to coach you and make you realize (1) what you truly want, (2) where you want to go and (3) how you can get there. And she does all of that from a stance of acceptance and non-judgment. "*

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Coaching Programs



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Be Hopeful, Be Strong Be Brave, Be Curious - *Team* Coaching Package

with Ruth Pearce



Transform Your Team: 3-Month Coaching Package: Is your team ready to achieve common goals, cultivate strengths, & excel in both leadership & followership? Our 3-month team coaching package is designed to foster unity, enhance performance, & develop every member's potential.

What We Offer: 3-Month Team Coaching Program

- **Biweekly Virtual Sessions:** team coaching sessions focusing on shared objectives & growth.
- **Personalized Book:** Each team member will receive a copy of *Be Hopeful, Be Strong, Be Brave, Be Curious*, for individual development & reinforce key coaching themes.
- **Ongoing Email Coaching:** between sessions, to address questions & challenges as they arise.
- **Emergency Support:** one 45-minute 1:1 session to address urgent issues or concerns.

What You'll Achieve:

- **Unified Goals Team**
- **Named, Claimed & Cultivated Strengths**
- **Enhanced Leadership & Followership**
- **Increased Self-Awareness & Other-Awareness (Emotional & Social Intelligence)**
- **Positive Team Culture**

Fee: Please inquire. Fees determined by scope of program. We have a network of partners who will collaborate with us for larger organizations.

Ready to Transform Your Leadership and Team Dynamics? Contact me to discuss how my coaching can help you be an influential leader & build a thriving team. Email: RuthPearce@Allellc.org or phone/text (845) 216 3098

Invest in your team's success and growth. Let's work together to build a stronger, more effective, and cohesive team!

Feedback: *"Ruth is a warm person who - even in an online setting - knows how to enthuse, take along and open up a group of people who had never met each other before. Her knowledgeable and clear way of transferring the added value of using character strengths in improving your personal leadership as well as improving team cooperation is, quite honestly, outstanding. I would recommend to all a [program] led by her."*

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Coaching Programs



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Who Is Ruth Pearce?



RUTH S. PEARCE, JD, MSC, PCC, PMP

ruthpearce@allellc.org ▪ (845) 216-3098 cell ▪ <https://www.pearceinsights.com>

Coach, Mentor, Instructor, Author, Crowd Whisperer

Award-winning ICF accredited PCC coach, EMCC Senior Practitioner and an Executive Mentor with more than 25 years' experience in leadership and project management. Expertise in financial services, IT, state government, non-profits and education. Broadly educated in Law, Economic Theory, Business, Mediation, Coaching, Mentoring and Positive Psychology. Specialist in Character Strengths, leader & team development, burnout prevention and change readiness.

Passionate about empowering others to LEAD and be LED effectively!

AREAS OF EXPERTISE

· 10+ Years Coaching/Mentoring
· Certified Executive Mentor
· 25 years Project Management experience (PMP & PMI-ACP)
· Learner & community engagement
· WYSIWYG coaching/training (you get the whole me & I welcome the whole you)

· Training/LinkedIn Learning Courses
· Leadership, Followership & Team Building
· Author of 2 books on Team Coaching & Development
· Cross-Functional Collaboration
· Crowd whispering

EXAMPLES OF RECENT PROFESSIONAL EXPERIENCE

Pearce Insights/ALLE LLC North Carolina Jan 2016 – Present *Principal and Owner*

- Providing instruction and training in coaching, mentoring, leadership, followership and wellbeing.
- More than 500 hours of 1:1 and group coaching with clients come from FAANG companies, government, education, small business, IT and communications.
- **Adjunct faculty** at the Suffolk University Law School – Boston delivering Character Strengths coaching & training to develop resilience in students starting their journey in the legal field – to combat the high rates of mental illness and substance abuse.
- Member of **VIA Institute on Character Faculty** advising on workplace product development, facilitating webinars and testing new features and products.

- Creator and Instructor of **five LinkedIn Learning courses** for project managers and other leaders. Topics include coaching skills, burnout prevention, mindfulness, team building and bravery. More than 135,000 participants to date in these courses.
- **Author**, *Be a Project Motivator* (Berrett Koehler, 2018) is a guide to team building for project managers. *be hopeful, be strong, be brave, be curious* (Wiley 2024) is for coaches and clients on what coaching is, Amazon #1 - Business Leadership Training.

Center for Coaching Certification, FL Nov 2018 – Jan 2024 Certified Coach Trainer

- Trained more than **60 new coaches** as they prepared for International Coaching Federation (ICF) accreditation.

VIA Institute on Character, Cincinnati, OH Sep 2018 – Dec 2021 Project Manager/Dev't Consultant

- **Project manager** on Institute's first self-published book *Power of Character Strengths* which was listed in the top six books read by therapists in the NYT, Feb 2024.
- **Developed a series of standardized training webinars** and accompanying promotional videos for organizations wanting to increase engagement in their workforce.
- **Co-host of weekly online mindfulness and strengths community** – *United in Strengths* as a response to Covid-19. Together we hosted more than 80 weeks of sessions for people from around the world. Peak attendance count 800+

EDUCATION

- **Streetwise 'MBA', Interise & Durham County Government**
- *One of 20 people selected for the inaugural 7-month program for small businesses.*
- Concord Law School (now Purdue Global Law) **JD: General Law**
- *Valedictorian 2013; awarded all 1st year Academic Performance Awards*
- London School of Economics & Politics, London, **UK Master of Science: Economic Theory**
- University of Bath, Claverton Down, Bath UK **Bachelor of Science: Economic Theory**

COACHING & MENTORING EXPERIENCE & EDUCATION

- Future Coaches **Young Person Coaching Pilot**
- *One of 12 coaches selected to pilot a new program for coaching teens & young adults by text*
- International Coaching Federation **accredited PCC**,
- European Mentoring & Coaching Council (EMCC) **accredited Senior Practitioner**
- Collective Brains **Certified Executive Mentor & Trainer**
- Institute of Coaching **Fellow**
- Positive Acorn **Certified Positive Psychology/Applied Positive Psychology Coach**
- Center for Coaching Certification **Certified Master Coach & Certified Coach Trainer**
- More than 500 logged hours of coaching experience with individuals, teams & groups

BetterUp **Fellow coach** 2021 - 2023

- Larnelle Vickers Enterprises (LVE Enterprises) **Coach** 2023

- Suffolk University Law School **Adjunct Faculty** 2023 - current
- VIA Institute on Character **Faculty** 2022 - current
- ALLE LLC **Principal Coach** - 2019 - current
- For more information go to Ruth's LinkedIn Profile: <https://www.linkedin.com/in/ruth-pearce/>

SAMPLE KEYNOTES & PRESENTATIONS

- NCPMI – North Carolina **Panel Moderator, Sponsor & Breakout Coach** Annual Conference '24
- BluePrint **Podcast Guest** (3 episodes) with Erik Korem - '24 (3 episodes)
- ICF – Raleigh Chapter **Facilitator** Mastermind Series '24 series of 4
- NCHSS World Elder Abuse Awareness Day Conference **Keynote/Motivational speaker** '24
- LinkedIn Learning **Course Instructor** *Team Coaching Strategies for Project Managers* '24
- PMI NYC **Career Development Series** '24 (3 sessions)
- IIL Leadership and Innovation Conference **breakout speaker** '24
- Durham Chamber of Commerce **You Good Sis'? Panelist** Take No Bull Conference '24
- RedHat Center of Excellence **webinar speaker** '24
- NCPMI – **Host/Facilitator** Monthly Book Club 2024 series of 4 '24
- Blue Cross NC - Professional Symposium **Panelist** '24
- IIL International Project Management Day, **breakout speaker** '23 (2 sessions)
- WFU Law Symposium on Law Student Mental Health & Wellbeing **Panelist** '23
- LinkedIn Learning **Course Instructor** *Fearless Project Management* '22
- LinkedIn Learning **Course Instructor** *Project Manager Burnout* '22
- American Society of Administrative Professionals **Breakout Speaker** Annual Conference - '22
- LinkedIn Learning **Course Instructor** *Project Manager to Project Motivator* '21
- LinkedIn Learning **Course Instructor** *Mindfulness: A Critical Skill for Project Managers* '21
- PMI Global 2018, 2019 & PMI EMEA **breakout speaker** '19

BOOKS & PUBLICATIONS

- Pearce Insights LLC *be hopeful, be strong, be brave, be curious - Vol 4 Being Mindful* '24
- Pearce Insights LLC *be hopeful, be strong, be brave, be curious - Vol 3 Beating Brave* '24
- Pearce Insights LLC *be hopeful, be strong, be brave, be curious - Vol 2 Beating Burnout* '24
- Wiley Publishing *be hopeful, be strong, be brave, be curious* '24
- Frontiers in Psychology **Co-author** *The Practice of Character Strengths* - '21
- Berrett-Koehler Publishing - *Be a Project Motivator* '18

For more information go to Ruth's LinkedIn Profile: <https://www.linkedin.com/in/ruth-pearce/>

Pearce Insights

Popular Speaking Topics

Email Admin@allellco.org



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**Be Hopeful, Be Strong, Be
Brave, Be Curious
Coaching-Mentoring**

**Frequently Asked
Questions**

Frequently Asked Questions - Be Hopeful, Be Strong, Be Brave, Be Curious Coaching



1. What types of coaching do you offer? I offer coaching tailored to individual professionals, groups, and entire teams and organizations. My services include:

- **1:1 Coaching:** Personalized sessions for individual leadership development.
- **Group Coaching:** Interactive sessions for small groups to enhance collaborative skills.
- **Team Coaching:** Programs to improve team dynamics and effectiveness.
- **Organizational Coaching:** Combining 1:1, Team, and Group coaching at all levels to boost engagement, productivity, and innovation.

2. How do you tailor your coaching approach to different individuals and teams? Each coaching experience is tailored to individual, group, or team needs and goals. For 1:1 coaching, personal objectives are focused on, while group and team coaching considers group dynamics and collective goals. The coaching style is a blend of evidence-based assessments, tools, and models, adapting to each individual's unique path and identity.

3. What can I expect during a coaching session? In a coaching session, goals, challenges, and growth opportunities are identified through deep listening, powerful questioning, observations, exercises, and action planning. For teams, group activities and facilitated discussions are used to address collective challenges and encourage collaboration, focusing on leadership and teamwork in the workplace.

4. How do you measure the success of your coaching programs? Success is measured through various metrics, including:

- **For individuals:** Progress toward personal goals, increased leadership effectiveness, and enhanced self-awareness. Clients identify their own success measures at the start of our engagement and it often includes increased confidence, clarity and direction.
- **For groups and teams:** Improved communication, stronger collaboration, and achievement of collective objectives. Feedback from participants and ongoing assessments also help gauge success. I work with your group or team to identify collective and individual goals so that we can meet the needs of the individual and the collective.

5. What is your coaching philosophy? My coaching philosophy emphasizes dynamic and interdependent leadership and followership roles. I empower individuals and teams to excel by leveraging strengths, fostering resilience, and adapting to change. I offer client-centered, personalized solutions without a specific coaching model, drawing on extensive training and assessment tools if needed.

6. How long does a coaching engagement typically last? The duration of coaching engagements varies based on client needs. 1:1 sessions typically last several months, while group sessions can be customized. Engagements can range from 20 minutes to 20 months. The goal is to empower clients to self-coach, transitioning to less frequent meetings as clients progress.

7. How do I get started with coaching? To get started, reach out to me via email or through my website to schedule an initial consultation. You can also book a session at your convenience using [my calendar link here](#): In the consultation, we'll address your goals, challenges, and coaching preferences to create a personalized coaching plan. If I'm not the best fit, I can connect you with other qualified coaches. The priority is to find the right coach for you.

8. Can you provide references or testimonials from past clients? Yes, I can provide references and testimonials from past clients who have experienced positive outcomes through my coaching services. These testimonials highlight the impact of my coaching on individual development, team dynamics, and organizational success. You can also see a selection of references and feedback here: <https://www.linkedin.com/in/ruth-pearce/details/recommendations/>

9. What makes you different from other coaches? The coach has a unique background in corporate America, coaching, mediation, and law, offering a comprehensive view on leadership. They blend personalized coaching with practical strategies for individual and collective growth. Their experience as an award-winning coach and speaker drives impactful change. They specialize in synthesizing wisdom from diverse sources and aim to provide clients with a rich experience. Clients describe them as a "WYSIWYG" coach - what you see is what you get.

10. How do you handle confidentiality in your coaching sessions? Confidentiality is a key aspect of the coaching practice, ensuring a safe and trusting environment for open dialogue. Discussions and materials shared during sessions are kept confidential. The coach follows ICF ethics standards and does not record sessions. Confidentiality, along with rapport, influences the success of the coaching engagement.

11. What is the investment for your coaching services? The investment for coaching services varies based on the type and scope of the coaching program. I offer flexible pricing options to accommodate different needs and budgets. For detailed information on pricing and packages, please contact me directly, or check out the coaching programs section of the website.

12. How can I contact you for more information or to schedule a session? You can contact me via email or through the contact form on my website. I'm happy to answer any questions you may have and schedule an initial consultation to discuss your coaching needs.

Use our Coaching Inquiry Form to provide your information, and we will get in touch. Alternatively, you can book a meeting with Ruth directly.

Please use this link to submit your coaching inquiry: <https://form.jotform.com/242235916803052>

Or use this link to book time to speak directly with Ruth: <https://calendly.com/pearceinsights24/30-minute-speaking-chemistry-call>

Pearce Insights

Coaching with Ruth

Email

Admin@alltelco.org



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Listed/Approved Psychology Today
Listed/Approved MHA (Mental Health America)

