

EXECUTIVE COACH PROFILE



Julia Ruff

Founder & Lead Trainer

JR | Regenerative Leadership

Julia Ruff is a certified systemic coach and leadership facilitator supporting senior leaders and professionals in developing more conscious, sustainable ways of leading — creating wellbeing for themselves, their teams, and the organisations they serve. With deep expertise in awareness-based leadership, she helps leaders redefine their values, examine existing patterns, redesign leadership practices and structures, and make decisions that enable both people and organisations to thrive.

Her work combines systemic coaching with evidence-based approaches to support meaningful and lasting change.

METHODOLOGY & CREDENTIALS

- ◆ Dipl. Value-Oriented Systemic Coach
- ◆ Business Coach
- ◆ Health & Resilience Coach
- ◆ St. Gallen Coaching Model®
- ◆ CAS / ICI Certified

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WORKSHOP TOPICS

- ◆ Awareness-Based & Regenerative Leadership
- ◆ Leading Through Complexity - Self & Others

"Helping leaders cultivate clarity, resilience, and conscious leadership in complex environments."

AREAS OF EXPERTISE

- Executive Coaching
- Leadership & Department Head Development
- Systemic Coaching
- Awareness-Based Leadership
- Values-Based Leadership
- Health & Resilience

FOCUS TOPICS

- Self-Leadership
- Change, Transition & Complexity
- Burnout Prevention
- Health & Wellbeing
- Personal Growth & Potential Development
- Relational & Team Development
- Values & Purpose
- Work-Life-Balance

APPROACH

Grounded in the St. Gallen Coaching Model®, systemic thinking, and the principles of Living System Design, Julia works at the intersection of leadership, awareness, and human & organisational wellbeing. Her coaching creates space for leaders to examine patterns, reshape habitual emotional & somatic responses, create clarity in complexity, and make values-aligned decisions that serve both performance and wellbeing.

CLIENT CONTEXT

Julia supports C-suite executives, senior leadership teams, department heads, entrepreneurs, and professionals across multinational organisations. Her work spans individual executive coaching, team facilitation, and leadership development for organisations seeking regenerative, future-fit leadership cultures.

FOR MORE INFORMATION:

Visit website →: www.jr-leadership.com

View Coach Profile →: <https://coachakademie.ch/coach/julia-ruff>