

# Transformation Facilitator, Speaker, TV-Host & Producer

Life is an ever-changing tapestry with peaks and troughs, isn't it? As a businesswoman you find yourself sacrificing time and personal goals to get to the next level. It can be lonely, frustrating and sometimes you feel like you're running into a brick wall where the flow has vanished along with your personal time.

Being given moments of divine guidance, I now feel supported no matter what I'm going through. As a woman of faith, I strongly believe that God guides me to a place of being my best self and in total alignment with my divine purpose.

This is my journey, to help spirited business women who feel out of alignment with themselves and the world around them to find their inner guide, reconnect with who they are and their purpose in this world. I create breath in your lungs and the freedom to move forward with vision and purpose, no matter how hard or impossible it may seem right now.

Your business is an extension of yourself, you are the source of your joy and the why of who you are and what you are here to do is central to your success. This is the person we transform together, working towards the new you, who is lighter, happier and vibrantly successful in the world. With me you are supported to step forward into space, even not knowing the outcome; you can step forward and believe that it will all be okay. Better than that, it will be wonderful.



## Ruth Cyster - Stuettgen

has authored *From Misery to Mastery - Journey to Freedom and Empowerment*, a how-to book to re-create your life after experiencing adversity. She is the creator of *The Book of Inspiration - for Women by Women*, a coffee table book featuring hundreds of inspirational women and girls from across the globe.

Ruth's TV-show *inspiredwomanTV* is a show for women, featuring entrepreneurial women leaders.

Through her coaching programs and Inspiredwoman Getaways she holds the space for Women to step into their power in whatever area they choose.

Ruth is available to speak on topics of empowerment in life and business, which can be tailored to your specific needs. She is also available to deliver keynotes and facilitate at company seminars, workshops and conferences.

Ruth has been an Advisory Executive Council Member at WEF India (Women Economic Forum) and brings with her a wealth of experience and knowledge through her teaching and policing background.

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Ruth Cyster-Stuettgen has presented at various events and organisations including, Soroptimist International, Lightworkers' Way Festival, The View Clubs, Uniting Church Women's Fellowships, Probus Clubs, Mornington Peninsula Shire Health & Wellbeing Committee, Bloom Networking, SWAN Southern Women's Action Network, Fifth Avenue Jewellery Collection and more.

She is available to speak at and facilitate at workshops, conferences, seminars, forums. With her dynamic, witty and easy-going style, she is able to engage her audience from start to finish.

Please submit your speaking request brief at [www.ruthstuettgen.com](http://www.ruthstuettgen.com)







# Testimonials

Ruth is a thought-provoking speaker. She brings stories and insights of her lifetime experiences to her presentations in a gentle although strong way to give her audience a presentation that is real and valuable. I highly recommend Ruth as a guest presenter for your events or conference.

**Margaret Hiatt**  
Speaker. Author. Mentor



Ruth Cyster-Stuettgen is a powerful speaker. She is able to hold the room and deliver a meaningful story that captivates and enthralls. She takes the audience on a journey with her. Ruth speaks with certainty and purpose and would make a great speaker at any business and life empowerment event or conference.

**Stuart Denman**  
Co-Owner Ultimate 48 Hour Author

Ruth gave an inspiring presentation at a recent Bloom Networking event, sharing her journey to becoming an author & how this has helped her on many levels. I love Ruth's honest & authentic style.

**Jo Schutt**  
Founder at Bloom Networking



Ruth speaks in a deep, meaningful way. She is very clear, very poised, the way she uses her tone and the speed at which she delivers her speech is super professional and absolutely amazing. I wouldn't hesitate to recommend you as speaker at other events. You have got that transformational and deep sense of making people think of their own lives.

**Natasa Denman**  
Ultimate 48 Hour Author