
Ruby Wax



After arriving in Britain from the United States in 1977 and training as an actress, Ruby Wax began her career with the Royal Shakespeare Company before developing her own brand of highly amusing 'attitude TV'. In addition to performing and presenting, she has contributed to, written and edited numerous scripts for TV shows including 'Absolutely Fabulous'. and created some of U.K. TV's most memorable moments.

After three decades working on stage, TV and radio she has recently changed direction, completing both a Psychotherapy Diploma and a Masters Degree in Mindfulness Based Cognitive Behavioural Therapy from Oxford University. She now presents workshops for corporate leaders, enabling them to come to a deeper and more direct level of communication with their clients and colleagues.

Having suffered from depression from an early age, Ruby was recently inspired to establish Black Dog Tribe, a social networking site providing information about and social support for people suffering with mental health issues, and has recently completed an international tour and West End run with her one woman show 'Out of Her Mind'. She also presented her TedTalk at TedGlobal 2012 "What's So Funny about Mental Illness?"

She also published the book "Sane New World" which she describes as a guide to saner living. In the book she explains how our minds can jeopardize our sanity, and that to break the cycle, we need to understand how our brains work, rewire our thinking and find calm in a frenetic world.

Clients have included:

BAe, Orange, The Welsh Assembly, KPMG, Skype, eBay, London Business School, Women in Retail, Deutsche Bank, Goldman Sachs, Merrill Lynch, Microsoft, Roffey Park, The Home Office, Johnson and Johnson Pharmaceuticals, Bayer Pharmaceuticals, GMT Communication Partners