

RUTH ZOWDU

EMERGING COACH, CEC



NAME

Ruth Zowdu

BOOKING INFO

(855) 818-0600 ext: 101
coach@padraig.ca

LANGUAGES

English

ONLINE PRESENCE



<https://www.linkedin.com/in/ruthzowdu/>



<https://padraig.ca/team/ruth-zowdu>

EDUCATION



Graduate Diploma in Executive Coaching

Royal Roads
University, Victoria, BC



Bachelor in Journalism/Political Science

Carlton University,
Ottawa, ON

COACHING STYLE

Ruth brings a thoughtful, grounded approach to coaching, shaped by decades of leadership in high-pressure, fast-paced media environments. She understands the complexity leaders navigate and creates a space where they can pause, reflect, and move forward with clarity.

Her coaching draws on deep experience in editorial leadership, team development, and organizational change. Ruth partners with leaders who are committed to growth, helping them strengthen self-awareness, lead with intention, and navigate challenges with confidence and perspective. She is particularly skilled at supporting leaders through change, complexity, and moments that require both courage and care.

CAREER EXPERIENCE

Associate | Padraig Inc

Ruth has been part of Padraig's *Emerging Coaches for Emerging Leaders* program since 2026.

Career Experience Prior to Coaching

Ruth brings nearly four decades of leadership experience in journalism and public broadcasting at CBC, where she led teams through significant industry change. As Senior Managing Director, CBC News Ontario, she set editorial and operational strategy across radio, television, podcasts, and digital, guiding newsrooms through digital transformation while maintaining high editorial standards. Earlier, as Managing Editor, CBC Ottawa, and Executive Producer of Radio Current Affairs, she developed and led high-performing teams, shaping journalism that connected deeply with communities.

Throughout her career, Ruth championed equity, diversity, and inclusion, co-creating the award-winning Inclusive Newsrooms program adopted nationally across CBC. She also advanced community engagement through initiatives like the Ottawa Human Library.

This depth of experience informs her coaching, enabling her to support leaders in navigating complexity, leading through change, and making thoughtful decisions with clarity and confidence.