



## MEET RUBY

**Ruby Vesely** is a sought-out executive coach and savvy leadership consultant with more than twenty years of experience in high-tech, non-profit, and healthcare organizations.

She's a powerful facilitator and best-selling author with her book *You, Me, We: Why we all need a friend at work (and how to show up as one!)*.

For fun you'll find Ruby either: (1) enjoying a pint at a local craft brewery, (2) practicing yoga, or (3) creating quilts and jewelry.

Learn more at [skyeteam.com](http://skyeteam.com)

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## WE'RE BETTER TOGETHER

*You, Me, We* is a book for leaders who want to improve — at leading, yes, but also at their lives.

How so? By building deep, long-lasting relationships that set everybody up for success.

One of the most important indicators of individual, team, and organizational success is the presence of an Ally Mindset.

When we have best friends at work — people who are with us in good times and bad and who help ensure we make it through together — we thrive.



AS FEATURED IN

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Before we start, here are a few questions for you:

- Have you ever felt alone at work? Do you wish you could build stronger connections with your team?
- Are you finding it difficult to practice self-care with the competing demands of life and work?
- Do you want to be excited and inspired to go to work every day?

If you answered yes to these questions, then listen up! Our guest today is the CSO of SkyeTeam, an international leadership development consultancy. Ruby has worked across industries with several powerhouse organizations over the past 25 years, and is a highly sought-out executive coach and leadership facilitator.

Ruby's passion is shaping exceptional organizational cultures, building amazing teams, and ultimately making life lighter at work. When she is not working, you may find her at a local craft brewery (silently judging their beer selection) or leading a deeply inspirational yoga class in really loud tie dye pants.

Here to help us learn more about the power and art of building connection at work, please welcome coach, leadership development guru, and quilting mystic...Ruby Vesely.