

Ruth Heaton

Head of L&D at Gateley Plc
Consultant – Strategic Wellbeing
Mental Health First Aid Instructor




Ruth specialises in the design and delivery of engaging and transformative business skills and personal development training and manages the delivery of learning and development and mental health and wellbeing activities to all staff within Gateley Plc, a top 50 law firm.


Having practised as a Banking & Finance solicitor for 8 years, Ruth discovered a passion for learning and development and facilitation during a career break when she joined a training consultancy, designing and delivering training to Sainsbury's plc, Cadbury plc and later, Kraft. She also wrote training courses for The Mind Gym.

Ruth returned to the law and then took advantage of a great opportunity to combine her passion for learning and personal development with her knowledge and experience of working within a fast paced and demanding legal environment and is now the head of L&D for the firm. Ruth has a personal interest in promoting good mental health in the workplace and is an experienced Mental Health First Aid Instructor .

Get in touch

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