



Episode #: 01

Episode Name: Why Employers Need to Care About Human Potential

Guest: Debra Ruh

Guest Title: C E O

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Guest Company: Ruh Global Communications

Hello. This is Debra Ruh and this is Human Potential at Work. I'm really excited about starting this podcast and talking about all of the amazing potential that I am seeing in workforces all over the world.

Most of the work that I'm doing is certainly focused on making sure that individuals with disabilities are included and retained in the workforce. So I'm looking forward to having some really interesting conversations on this topic.

I think that society is figuring out how to make sure all of us are included and I believe that we are all better when society includes all of us. Disabilities is just part of life. It doesn't mean that you're broken or that you cannot add value to society and the workforce. It just means that maybe you might use the computer a little differently or maybe you communicate differently or you navigate the world differently. But, of course, there's also value in learning how to navigate and communicate things differently because then you become a problem solver, which is very exciting.

So on this podcast, we're going to talk to C E O's of corporation. We're going to talk to thought leaders. I'm going to talk to individuals with disabilities. I'm going to talk to designers and technologists and musicians and artists, and really just tapping into, what does it mean to really tap into the human potential? And we also are going to have fun with human potential at work, from both the perspective of the workforce and from the perspective of how do we really tap into the human potential that we all bring to the table and use that to find out purpose and to add value in everything we do, including things that we do for the workforce.

So I'm really stoked about that and I'm looking forward to coproducing this with my daughter, Sara Ruh. Sara Ruh was born, at the time of this recording, 28 years ago, and Sara was born with Down syndrome. Sara has been a very big inspiration to myself, my husband, my son, our family and a lot of other people.

HUMAN POTENTIAL AT WORK Host - Debra Ruh

I personally have a spiritual practice and I try to stay balanced and think mindfully and assume positive intent and really try to see the world in the best light as possible. I am definitely an optimist, so I'm always looking for the silver lining.

The things that Sara has taught me as her mother is that, while I practice and work on it and meditate and do yoga and read spiritual books and listen to spiritual teachers on things like SuperSoul Sunday in audible, that I have to really practice it because if I don't practice it, I find myself sometimes getting depressed and struggling a bit with life. But when I look at Sara, she doesn't practice it. She just is it. She just assumes positive intent. She lives in the moment. She sees the best in all people and she doesn't seem to have to practice it like I do. She just is it.

I'm not saying she's not a complicated individual, because she is. She has her moods like everybody else, but she seems to stay in the higher levels of love, just in the higher potentials, I guess, of human potential. She seems to stay there a lot easier than I do and those of us around her as well.

So she's a really great teacher and I look forward to sharing the podium with Sara because she's a very bright, lovely young woman. Sometimes she's a little bit -- there are certain words that she might have to repeat a few times to make sure that our guests can understand it, but she works really hard and is very patient with those of us that can't always understand her -- some of the words that she says on the first try.

But she's really an amazing young woman. She has worked with me in several businesses for many years. And even though the doctors told us that Sara would not walk or talk and -- oh, be careful she might get pregnant when she was 16, even though they were telling me that when she was a 4-month-old baby. I'm still not a grandmother and she is walking and talking just fine. We talk to audiences of people, sometimes as large as 5,000 at a time.

So she is quite an interesting and amazing young woman. And yes, I'm a little prejudice because I'm her mother, but she really brings a lot of joy in a lot of people's lives. And she really tries to live her life very authentically, which I admire.

So I'm looking forward to sharing this platform with Sara Rue, and interviewing very interesting guests. If you want to suggest a guest to be on the program or you would like to be on the program, be sure to reach out to us at www.RUHGlobal.com. And you can also reach out to us on most of social mediums. My handle is DebraRuh, which is D-e-b-r-a-R-u-h, and Sara's is SaraRuh, S-a-r-a-R-u-h. We also have RuhGlobal, R-u-h-G-l-o-b-a-l, as well on most social media channels, including Twitter, Facebook, G+, Instagram, Pinterest, Tumblr, Medium and many other places. I'm also blessed to have a blog on Huffington Post.

So I love talking about human potential at work and I hope you enjoy the program. Thank you for joining us. Bye-bye.