

## **Ro Moöd** Biography

Ro Moöd is a relationship coach and writer based in London, who works with clients internationally. She created the popular Instagram account @unapolygetically in March 2020 to raise awareness of the problematic aspects of monogamy culture, and to encourage others to prioritize their growth and wellbeing in order to create fulfilling relationships. She has a long and varied background in adult education and is completing psychotherapeutic training at the Metanoia Institute in London.

