In a career spanning twenty years, Ruth Alsop has worked as a rural sociologist in South and East Asia, and in East Africa. After completing her doctoral research, her career in development began with British NGOs. Since then she has worked as a Research Fellow at the University of East Anglia, for the Ford Foundation, the International Food Policy Research Institute and the World Bank. In addition, she has undertaken numerous consultancies for bi-lateral and multi-lateral organizations.

Much of Ruth's operational, management and research work has been on the institutional and organizational aspects of poverty reduction – particularly focusing on disenfranchised people. Ruth has published widely throughout a career that has included the development of innovative research methodologies, linking theory to action and building coalitions of multiple stakeholders. Dr Alsop currently works in the Poverty Reduction and Economic Management (PREM) anchor unit of the World Bank. As leader for the work on empowerment, she heads a work program that concentrates on understanding and measuring empowerment, the institutional and fiscal determinants of empowerment in local level governance, and economic empowerment.