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Sahra Ryklief is the Secretary General of the International Federation of Workers' Education Associations. She holds a master's degree in political science from the University of Liverpool, and is an adjunct professor in the School of Management and Labour Relations at Rutgers' University, New Jersey, USA. She is a consultant for two major donor organizations for labour and social movements in Southern Africa (FNV-Mondiaal and ICCO) and a media commentator on trade union strategies.

Ryklief is the chairperson of the Ditikeni Investment Company, an ethical investment fund committed to the long-term sustainability of South African NGOs. She is the former director of the Labour Research Service, and still serves as an advisor to its' Board of Directors. She also serves as advisor to the National Executive Committee of Sikhula Sonke, a women-led trade union for farm workers in the Western Cape, and is a member of the advisory board of the Institute for Development and Labour Law of the University and Cape Town.