

# Laura Ashley-Timms



Laura is the Director of Coaching for Notion and the force behind the outstanding quality of Business Coaching that Notion offers. She is highly experienced, having coached for over 14 years, delivering dramatic results for her clients every time.

Her background is diverse and ranges from senior level corporate experience within Marks and Spencers, to working in a high profile family business such as Ragdoll (makers of the Teletubbies). Her career to date has been truly global in nature living and working in USA, Asia and Europe.

In addition to her excellent overall Business Coaching skills she also has specialist experience within the Retail, Manufacturing, Licensing, Branding and Marketing sectors.

Exposed to coaching throughout her life, initially as a top level sportswoman and later in the Business arena she is passionate about what Coaching can do to accelerate performance and results. Her practical and direct approach is challenging whilst her sense of fun ensures that the overall experience is very enjoyable.

Qualifications and interests: Laura is a Licensed Business Practitioner of NLP, an accredited Coach with the Coaching Academy, MBTI trained, a MA from Oxford, Columnist for Total Licensing, Business Owner, Wife & Mother of 3, part time property developer and a real 'Cockney' by birth!

## What Laura's clients say...

"Marshmallow Creative and Notion have proved to be a scrumptious combination! Taking action and seizing an opportunity are now part of my daily to-do list. Working with Laura has changed the way I think as a business leader enabling me to put plans in place which take both myself and the Marshmallow brand to the next level - thank you Laura!" *Michelle Sommerville, MD, Marshmallow Creative*

"I became more focused, improved my presentation and grew the business by 40% in a year" *David Holland, MD Savant Ltd*

"I have stopped being a workaholic, take better care of myself, and my sales will still double this year!" *Charlotte Wilson, MD Pure Events*

"The year I spent working with Laura enabled me to focus on the big picture. By delegating more, I am delivering ambitious growth targets and expanding my business into new areas!" *Keir McConomy, MD TheSeed.com*

## What Laura says...

"If you are serious about being better than you are now, maximising your potential, your wealth and future success then take the action of meeting with me. I **guarantee** it will be an enjoyable and incredibly productive meeting."

Contact us to set up an initial meeting or simply to ask a question:  
[contactlaura@notionltd.com](mailto:contactlaura@notionltd.com)