

Polly Gavins



Polly is an experienced and intuitive Business Coach with extensive business experience and a talent for making sense of what is really happening.

She started her career as a lawyer before moving to a commercial role as the MD of a manufacturing and distribution company. When she took over as MD, the business turned over £60k and was making a loss. By the time she sold it, it was turning over £3m and making good profits.

Polly has experience and expertise in strategic business planning and decision making, selling to high street retailers, product development, realising employee's potential, financial management, cost control and actualising wealth for shareholders. She is a practical and commercially focused coach whilst being supportive and realistic.

Qualified as a business coach with CoachU, one of the leading business coach training institutions, Polly is also a licensed facilitator of Stephen Covey's Seven Habits of Highly Effective People and of CoachU's Coaching Skills Programme. She is a member of the International Coach Federation and abides by their code of ethics.

Polly has combined her career with bringing up her family and loves helping others achieve a healthy work life balance.

What Polly's clients say...

"We are very excited to have 'found' you. We are impressed with the fact that you have experienced the things we discussed (rather than just read about it in a text book) and were able to give us actual, practical advice." *Cat Young, MD Solve the Web*

"The work with Polly offered help developing a structured and realistic plan to set about gaining new business and learning that you have to make new business development a part of your working week...once you have got some new business in you must keep chipping away at other potential new clients, learning not to give up, learning that sometimes you will feel despondent but that good things come to those who don't give up!" *Charlotte Grinling, Design Direction*

"We ended the meeting knowing exactly what we were going to do to move the business forward... Carol and I had discussed most of these points before, but hadn't committed to them. Having you there, putting a spotlight on the situation made us realise that there is no avoiding it now! You were able to bring to the table the important things and put the right emphasis on it so that we understood their value."

"It has been great to have a sounding board that is independent of our organisation."

"The most beneficial thing was the structured timetable.... The targets set out by you were broken down into manageable chunks so that the overall plan did not seem daunting."

"I can say that our 10 minute conversation this morning was worth 2k!"

What Polly says...

"You know your business better than anyone. You know what the problems are and you probably have some pretty good ideas about how to overcome them. So why would you need outside help? Most of us know what we need to do, we just don't do it. Sometimes we're so busy running the business, we don't even realise we have the answers to our business problems. So, if you think your business could do better, either get on and make it better, or give me a call. I won't tell you how to run your business, but I will make achieving your business objectives easier and more enjoyable."

Contact us to set up an initial meeting or simply to ask a question:

contactpolly@notionltd.com