

# Cathy Lasher



Cathy is a highly experienced Business Coach and personal development specialist. She works with people to enhance business and personal performance through a process of supported self-awareness and self-development.

A dually qualified chartered accountant (USA and England), and MBA, Cathy has worked extensively as a Coach to many businesses. Her clients include SMEs - particularly businesses in growth or transition - as well as blue chip corporate and professional services firms, and public sector organisations.

In addition to being a recognised coach, member of the Association for Coaching and the International Coach Federation, Cathy is MBTI trained.

American by birth, Cathy has been in the UK for nearly 30 years. Many people still ask her what time her plane arrived at Heathrow – her accent is still very much from ‘over there’. She combines the best of American directness, challenge and enthusiastic support with the best of British depth and subtlety.

## What Cathy’s clients say...

“Cathy’s business experience and challenging methods as a coach helped me to make some realistic business decisions. I particularly liked her style of making me think through the options rather than her sowing the seeds of decisions I should take.”

“I found her unflinching in her passion for the business and our work together and incredibly resourceful in the perspectives and advice she was able to offer. I most valued the quality of her listening and her unflinching integrity.”

“I have worked with quite a few US origin coaches in the last 22 years and she is easily the best I have worked with at building rapport across the culture gap with UK origin/based managers.”

“She asks the most insightful questions!”

## What Cathy says ...

“If you want increased clarity about your goals and how to achieve them; if you want to more closely align your personal and business goals; if you want space to explore the decisions you are making regularly, to extract maximum learning from them; or if you want to understand more about yourself and the impact you have on others and on your business, then let’s meet.”

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

[contactcathy@notionltd.com](mailto:contactcathy@notionltd.com)