



Business and career mentoring to carve out your own path

*Psychotherapeutic mentoring that navigates
your blocks for action that overcomes.*

A different approach to development

Combining a decade of business lessons
with psychotherapy, neuro-inclusivity,
creativity and our unique thinking to bring
you your best lessons for growth in your
work in 2026.



Working with me

I stepped into self employment in 2015 with caution, not confidence. If I'd had the kind of support I now share with others for myself back then, I would have had a sustainable business within months, not years.

I wanted to carve out a lifestyle that allowed for the family I was planning (my daughter came along the following year).

I don't believe we have to accept compromise to succeed, we just have to accept help from those who understand our journey.



Your success starts now

You're ambitious, motivated and know deep within that you can succeed. Your goals *will* manifest. But you don't feel like that all of the time, and sometimes it feels like a little support would go a long way. Someone to check in with, ask 'can I get your opinion on this?' or 'how should I make this decision?' would help you reach your goals faster and with better results.

Because I believe that if you're reading this, you *will* succeed. Because you're already the sort of person who looks for support and goes and gets it. You already have goals and a lifestyle you want to live. Maybe it's earning a salary beyond your wildest dreams, but maybe it's also picking the kids up from school and being present where you want to be.

Mentoring is the queue jump you need to get there. It's still your journey, your plans and ideas, but supported with compassion and knowledge so you can enjoy your work and life sooner.



The flexible and supportive mentoring support includes:

- 60 minute 1:1 sessions on your priority topic
- Uncapped email support between sessions
- Priority booking to in-person development sessions



This is your invitation to prioritise you

Therapeutic mentoring, guidance, and aligned support is offered in this six month journey at £120 per month.

If finances are a barrier, please ask me about inclusivity.

Career development comes from self development



What others have taken from the programme

- Increased confidence
- Being able to pitch themselves at a higher value
- Clarifying ideas and future plans with a route to achieving them
- Understanding opportunities, creating them and going after them
- Discovering more about themselves, their motivations and what they need to accompany their journey

What others think

Laura has mentored me for over a year now. She has made the world of difference for me (particularly as I am a neurodivergent freelancer and often struggle with confidence!) Laura has helped take the stress out of freelancing in charity communications and copywriting. The investment has absolutely paid off. I now make a lot more money than I did before I started working with her, thanks to her amazing advice about growing my business and understanding what projects suit myself and my wellbeing best. She is really easy to talk to, very flexible and kind. We have built a great relationship and I really hope to continue the mentoring for the foreseeable future!

Laura Potter Communications

Next steps

If you feel aligned with success on your terms, and ready to make the business or career you want work for you, get in touch at laura@ellastcommunications.com or find me on Instagram [@laura.ellastmentoring](https://www.instagram.com/laura.ellastmentoring)

Most people choose to try a **free 30 minute session** first. Use the contact details to book this and secure your time to ask any questions and make sure the vibe is right for you.

[@laura.ellastmentoring](https://www.instagram.com/laura.ellastmentoring) | laura@ellastcommunications.com

ENQUIRE NOW TO MAKE SPACE FOR YOU



More results and thoughts

I have hugely appreciated and benefited from the advice and support you've given me these past 5/6 sessions. My main takeaways from sessions have been to:

- Increase my day rate!*
- Realise I can't deliver for 5 days a week without risking burnout.*
- Have more confidence in pitching at a higher value, and alternative ways of doing this rather than just day rate.*
- Re-evaluate the way I look at new ideas – to sit with them for a while and not knee-jerk, or do step 1 and take stock.*
- Clarify what I want to do with my consultancy over the coming years, moving from bread and butter delivery to more expertise-driven work.*
- Looking at what I enjoy, how much energy the different types of work take from me such as training.*
- Look at my two main clients and provide clarity on the benefits and negatives of both – mainly reliable income, but poorly paid for hours agreed, and how I need to decide at some point which one to drop and move onto more profitable work.*

Thanks for holding my hand virtually!

Carrie Brookes

I was so impressed with Laura's knowledge. She talked me through the process of setting my goals for the year and shared so many useful nuggets of advice. I was particularly impressed with her down-to-earth approach and willingness to share details of her own business processes with me. It felt like a conversation with a really knowledgeable friend, and I'd thoroughly recommend her to anyone who's needing some help growing their business.

Sarah Matthews