

Pressure Points: Mapping Women's Wellbeing in Law

June 2026



Foreword

This report on women's wellbeing in the workplace comes at a timely moment for the legal profession. While being a lawyer is built on the principle that it should be open to all, women remain underrepresented at the most senior levels, despite being the majority in society and in the legal sector. This is not a coincidence – it is clear that there are structural and systemic barriers preventing women from thriving.

What is of particular concern in this research is the significant proportion of women reporting stress, anxiety, and burnout – often simultaneously. For too many, these pressures are affecting not only their day-to-day wellbeing but also their long-term career decisions, with a substantial number considering leaving their roles or the profession altogether. Just as troubling is the fact that many do not feel able to speak openly about these challenges.

This is something that affects all of us – not just because building an open, inclusive workplace culture is the right thing to do, but because unless we take urgent action, the legal sector will lose out on the skills and talent that women bring to the workplace.

Healthy lawyers are essential to a healthy and sustainable legal sector. Where wellbeing is not prioritised, the consequences can be far-reaching: for individuals, in terms of burnout and ill health; for organisations, through increased absenteeism and staff turnover; and for the profession as a whole, through risks to ethical standards and public confidence.

If we are serious about addressing these injustices, we must look to the root causes of the issues and encourage deep, systemic change. At the Law Society, we are committed to embedding wellbeing as a core priority. This includes supporting the development of inclusive workplace cultures where solicitors can thrive, and where openness about wellbeing is encouraged rather than stigmatised.

Improving the experiences of women in the workplace is a collective responsibility across the profession. I hope that law firms, chambers, in-house teams and individuals will engage seriously with the evidence and recommendations set out in this report and take shared responsibility for the actions needed to create a more equitable, supportive and sustainable working environment for all.



Mark Evans
President
The Law Society of
England and Wales



85%

of respondents have experienced health and wellbeing issues that have affected their work in the past five years.

70%

experience ongoing exhaustion or low energy frequently or almost constantly – not fully relieved by rest.

65%

of those experiencing exhaustion did not feel comfortable raising it at work.

67%

have considered moving jobs or taking a career break due to health and wellbeing issues.

50%

do not believe their current working pattern is sustainable for their health in the long term.

43%

do not feel they can openly discuss health and wellbeing concerns at work without negative consequences.

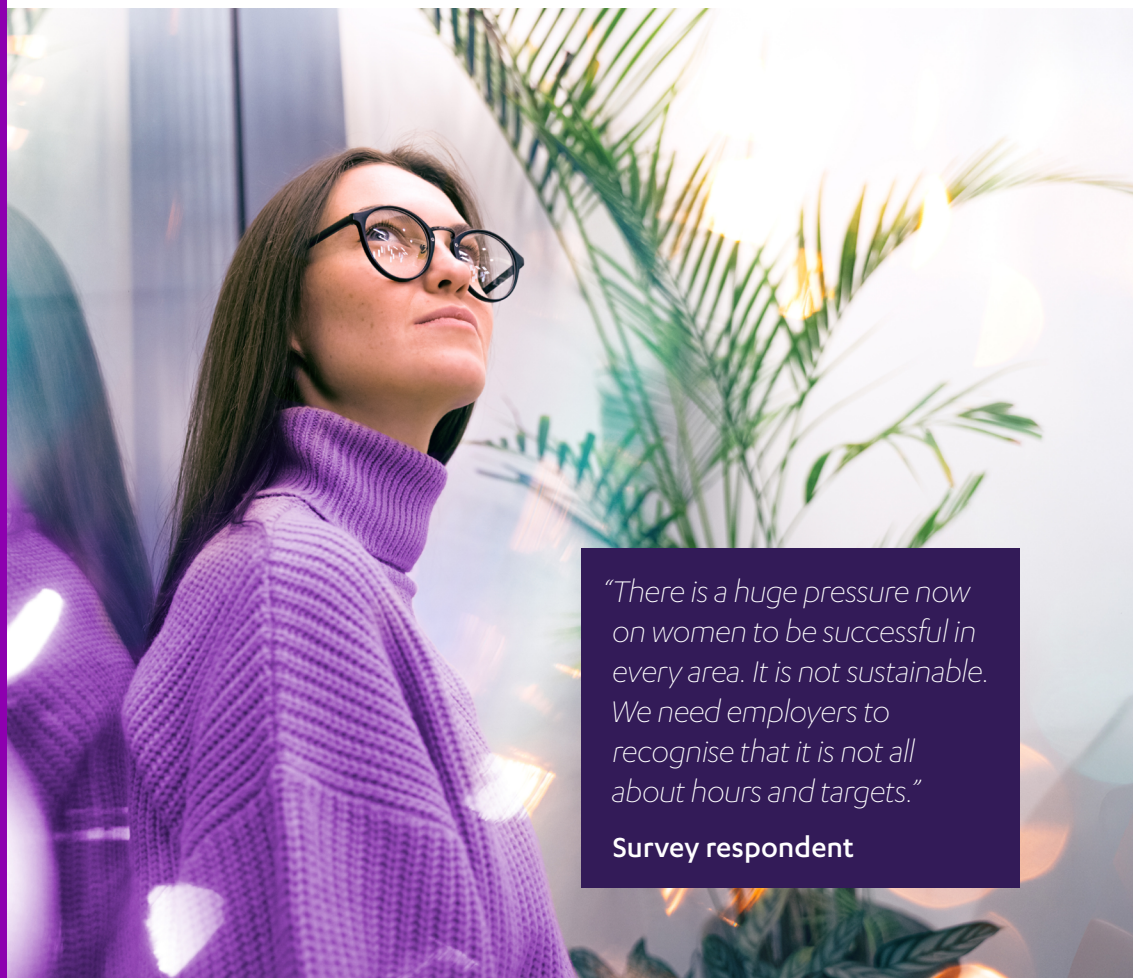
Summary

Women now make up the majority of those entering the legal profession. And yet, year after year, the same stories resurface: burnout, silence, a grinding sense that the profession was not built with them in mind.

This research was undertaken because those stories deserve to be heard – not merely as anecdotes, shared among women, but as evidence to support action for change. Five hundred and thirty-three women working across law firms, chambers and in-house legal teams told us what their working lives look like. The picture is consistent and concerning. 85% have experienced health and wellbeing issues affecting their work in the past five years – stress, anxiety and burnout being the most common, with many dealing with several simultaneously.

70% experience ongoing exhaustion frequently or almost constantly, not fully relieved by rest. And 67% have considered moving jobs or taking a career break as a direct result. Half of participants did not believe their current working pattern is sustainable for their long-term health.

What makes these findings particularly troubling is the silence behind them. 43% do not feel they can discuss health and wellbeing concerns at work without negative consequences. Most workplaces offer some form of support – be it counselling, mental health first aiders – but good intentions are not enough when the underlying architecture of the profession remains unchanged. The hours, the billing model, the cultural expectation that women will absorb pressure quietly: these are the things that must be addressed.



“There is a huge pressure now on women to be successful in every area. It is not sustainable. We need employers to recognise that it is not all about hours and targets.”

Survey respondent

From the authors of the report

“We’ve been tracking the structural barriers facing women in law for more than a decade now – from the pipeline that narrows as you climb, the carer penalties that compound quietly over careers, the slow creep of AI into a profession where women are already under-represented in the rooms where decisions get made – and we know all too well that data about representation only tells part of the story. We have mapped the leadership gap, counted the silks, and followed the partnership ratios. And yet, the more we looked at the external architecture of inequality, the more we kept returning to something harder to quantify but impossible to ignore: how women actually feel inside the profession they have worked so hard to join and to stay in.

Gender inequality in any profession is not just a structural problem. It is a lived experience – one that shows up in the body, in the mind, in the quiet calculation every woman makes about whether she can sustain this, and for how long. The findings of the report paint a consistent and concerning picture. The overwhelming majority of respondents have experienced health and wellbeing challenges that have affected their work. Most feel unable to raise those concerns openly. Nearly seven in ten experience ongoing exhaustion frequently or almost constantly. And two thirds have considered leaving the profession as a direct result of health and wellbeing pressures. All of us should stop, take notice and make a decision to act.”

Dana Denis-Smith OBE, founder of Next 100 Years, Trustee of Spark21

“Working in law can be deeply meaningful, but our survey suggests that for many women it is also taking a sustained toll. What comes through most strongly is not a single issue in isolation, but a pattern: exhaustion that becomes normalised; health and wellbeing concerns that are managed quietly and alone; and working practices that feel increasingly hard to sustain over the long term. When talented professionals start to question whether a role, or even the profession, is compatible with good health, that is a collective problem that requires a collective response.

This report is intended as a practical prompt for the legal sector: to treat care as an operational priority, not an optional add-on. That means listening without judgement, creating clear and trusted routes to support, equipping leaders to respond with compassion and confidence, and building sustainable ways of working into how we plan, staff and measure success. Improving wellbeing is not about lowering standards; it is about creating the conditions in which people can do excellent work without sacrificing their health to do it. If we want a legal sector in which women can build long, rewarding careers, we need to move beyond resilience rhetoric and towards working practices that actively protect health, dignity and belonging.”

Rachel Pears, Associate Director, Responsible Business & Employment Counsel, RPC

“This report is a worrying reminder of the impact workplace pressures can have on women’s mental health in the legal sector. Stress, burnout and exhaustion shouldn’t just be accepted as part of the job, and it’s really concerning to see how many women are thinking about stepping away from the profession. There is an urgent need for workplaces to take action to address the structural and cultural factors that impact women to retain them in the sector. This matters for the long-term sustainability of the sector too.”

Elizabeth Rimmer, Chief Executive, LawCare

“Seventy per cent of women in law experiencing exhaustion frequently or almost constantly is not a wellbeing problem, it is a performance crisis hiding in plain sight. Elite athletes have recovery protocols, sleep strategies, and nutritional support precisely because sustained output without structured recovery leads to breakdown. Until recovery becomes a structural norm in legal working life, rather than a personal indulgence squeezed into the margins, this cycle will not change, and the profession will keep losing the very women it cannot afford to lose.”

Ann-Marie Goodbody, Speaker & Performance Health Consultant

The architecture of overwork

When asked to identify the single biggest challenge to their health and wellbeing at work, the largest group of respondents – 42% – cited balancing work with caring responsibilities. This was the top response by a significant margin. Although not a surprising finding – it simply reconfirmed the findings of our previous research into caring responsibilities, from 2024, which confirmed women bore the largest proportion of caring responsibilities. The requirement to work long hours (11%) and billable hours targets (8%) were also prominently cited, together accounting for approximately one in five responses. Poor leadership or line management was selected by 16%.

The dominance of caring responsibilities as the leading challenge is not simply a personal or domestic issue. Caring responsibilities are not evenly distributed in the home and this has a rippling effect at work. Research consistently shows that women carry a disproportionate share of unpaid care work, whether for children, elderly relatives, or others. A working culture designed around unrestricted availability is, in practice, a culture that systematically disadvantages those with caring commitments. In the legal profession, that still means, in the main, women.

Billable hours targets are worth examining separately. They are not simply a measure of output. They are a cultural signal – a statement of what an organisation values and how it measures professional worth. When those targets require hours that are incompatible with caring responsibilities, with recovery from illness, or with basic human sustainability, they become a mechanism of exclusion as much as productivity.

A finding that deserves to be placed alongside the hours and billing data: a lack of understanding of women's health issues was cited by 11% of respondents as a challenge they faced at work – equal to the proportion who named long hours. This parity is significant. It signals that inadequate knowledge of menopause, menstruation, fertility, and related conditions is not a peripheral concern but a mainstream professional pressure, sitting alongside the most tangible structural features of legal practice.

“To remember that we are humans and professionals who are responsible. We could work from objectives rather than the need for availability 24 hours a day. The current model employed by law firms is unsustainable for everyone.”

Survey respondent

When asked whether their current working pattern was sustainable for their health in the long term, fewer than one in three agreed. Half of all respondents disagreed or strongly disagreed. This is not a finding about individual resilience or personal management. It is a finding about structural design.

“There is a huge pressure now on women to be successful in every area they are in. They should become a partner, a good wife, a good mother, earn a good income, hit targets, network – the list is endless and is not sustainable. We need to be able to recognise ourselves that we cannot do it all but we also need employers to recognise that it is all not about hours and targets.”

Partner, law firm

The things women cannot say

Another striking finding in this research is the extent to which women in law do not feel able to speak about their health and wellbeing at work. When asked whether they felt they could openly discuss health and wellbeing concerns without negative consequences, only 35% agreed or strongly agreed. By contrast, 43% disagreed or strongly disagreed.

The data on exhaustion gives this culture of silence its starkest expression. Seventy per cent of respondents reported experiencing ongoing exhaustion or low energy frequently or almost constantly. Of those who had experienced exhaustion, 65% did not feel comfortable raising it at work. Only 22% said they did.

That means the women most in need of support are overwhelmingly those least likely to ask for it. This is not passivity. It is a rational response to professional environments where disclosure is perceived as carrying personal and career risk.

“The main thing is that you feel you just have to get on with it and not complain or draw attention to anything that might make the partners see you as trouble or difficult. When you are at a certain age you feel vulnerable and the constant pressure to demonstrate your value to the business.”

Survey respondent

Poor leadership or line management was cited as the single biggest challenge by 16% of respondents, the second most common response after caring responsibilities. Sexism or inappropriate behaviour in the workplace also remains issues women have to grapple with and show that they are not incidental to the culture of silence.

They explain it. Environments where leadership is inadequate or where women have experienced inappropriate behaviour are environments where raising a health concern feels professionally dangerous.

Organisations may believe they have created open, supportive cultures. The gap between that self-perception and the lived experience of women within them is one of the central challenges this research identifies.

“My firm says it cares about health and wellbeing but actions and lack of support say otherwise.”

Survey respondent



What it costs

The health impacts reported by respondents are broad, serious, and widespread. When asked which issues had affected their working life in the past five years, respondents could select all that applied. The cumulative picture is striking.

Stress was reported by 83% of respondents – the single highest-scoring issue by a significant margin. Anxiety was reported by 71%. Burnout and persistent fatigue were each reported by just over half of all respondents (54% and 54% respectively). Depression was cited by 32%, financial pressures by 31%, and caring responsibilities as a direct health and wellbeing factor by 46%. Menopause was reported by 29% and menstruation-related symptoms by 25%. Baby loss, fertility issues, and pregnancy-related symptoms were also cited, though at lower rates.

Perhaps most significant of all: 85% of respondents agreed or strongly agreed that they had experienced health and wellbeing issues that had impacted their work in the past five years. This is not a minority experience. It is, by a wide margin, the majority experience.

“I was forced to take time off this year due to burnout, some months following a close family bereavement. I could not function and my GP insisted I was not fit for work. Still I felt incredibly guilty at leaving colleagues to pick up my work. A thinly veiled threat of severe financial penalty was made if I didn’t meet my annual target. I do not believe my organisation would treat employees in this way but partners are seemingly expected to be bullet-proof.”

Partner, law firm

“Toxicity in law firms is a generational problem that gets passed down like an unwanted gift until someone breaks the mold. There seems to be a lack of common sense and emotional intelligence among leadership. I used to want to be a barrister. Now I just feel unwell most of the time. Demoralising is the word I would use to describe my efforts as a solicitor. I am a good solicitor but being a solicitor has not been good for me, from a wellness perspective.”

Associate, law firm

These health impacts do not occur in isolation but rather they cluster. Respondents routinely reported multiple issues simultaneously: stress alongside burnout alongside anxiety alongside caring responsibilities. The picture that emerges is of a workforce carrying compounding pressures, in workplaces that were not designed to absorb them.



Half measures

A separate strand of this research explored what support organisations currently have in place and how respondents characterised their employer's overall approach to workforce health. The findings here are mixed, and in places deeply revealing.

What is in place

Flexible and agile working was the most widely available provision, reported by 80% of respondents. Around 61% reported access to mental health first aiders, and similar proportions indicated their organisation offered an employee assistance programme (60%) and confidential counselling services (58%). These are meaningful provisions. But they are also, to a considerable extent, the easier interventions: benefits that can be introduced without requiring fundamental changes to working culture or hours expectations.

Where the gaps lie

The picture weakens considerably when it comes to women's health specifically. Menopause policies were reported by 47% of respondents – meaning more than half of women in this survey work in organisations without one. Fertility support policies were available to 36%, and miscarriage and baby loss policies to just 36%. Specific support for maternity returners was reported by 39%. Paid carers leave was available to only 33%.

Mental health days or “duvet days” – widely discussed as a wellbeing indicator in recent years – were available in only 12% of respondents' organisations. Access to financial advice, relevant to women disproportionately affected by the gender pay gap and career interruptions, was available to 37%.

“There isn't enough support, awareness and understanding of perimenopause. It appears not many organisations have any policies on this topic.”

Survey respondent

How organisations frame wellbeing

When asked how their organisation primarily views workforce health and wellbeing, only 21% described it as critical to retention, performance, and a sustainable workforce. Nearly half (47%) described it as focused primarily on wellbeing initiatives – benefits, programmes, and activities. Thirty-two per cent said it is not currently a significant focus in their organisation at all.

This matters because there is a fundamental difference between an organisation that offers a wellness app and one that restructures its billing model. Both may describe themselves as committed to wellbeing. Only one is addressing the structural drivers of poor health that this survey has identified.

“Good management is vital. It is often the case that they say they ‘support’ but still expect the same outcomes, for example cost targets and billing targets.”

Survey respondent

Two thirds

The most consequential potential outcome of everything documented in the preceding chapters is the loss of experienced women from the profession. The data on this is unambiguous.

Sixty-seven per cent of respondents – more than two in three – agreed or strongly agreed that they had considered moving jobs or taking a career break due to health and wellbeing issues. This is not a fringe position. It is the majority experience of women in this survey.

The legal sector has invested substantially over the past decade in attracting diverse talent leading to improved recruitment pipelines. The number of women entering the profession has grown. And yet, at partner level, and in senior in-house roles, women remain under-represented relative to their numbers in the pipeline. Part of that gap reflects explicit barriers. But part of it, this research suggests, reflects the quieter, accumulated cost of years working in conditions that damage health and are insufficiently supported by employers.

“The inability to regain a role in the profession after taking time out to raise a family, and the lack of opportunity to return – as returnships are scarce outside of the city – and having to take administrative roles instead, which is not fulfilling and does not enable you to flourish.”

Survey respondent

When women with five, ten, or twenty years of experience leave – or step back – the profession loses not just their skills but the accumulated knowledge, client relationships, and institutional understanding they carry. That is an organisational loss as well as a personal one. And it is, to a significant degree, preventable.

The business case for taking women’s wellbeing seriously is straightforward: the cost of losing experienced women is higher than the cost of the structural and cultural changes needed to retain them. The evidence in this survey suggests that the profession has not yet internalised that calculation.

“Something needs to change. Things only get worse the more senior you get unless you build an armour and stop caring.”

Survey respondent



Recommendations



Treat wellbeing as a structural issue, not a benefits question

Wellbeing programmes, apps, and workshops are not a substitute for structural change. Organisations should audit the working patterns, billing models, and cultural expectations that drive the health challenges of this research, and set measurable targets for reducing them. Wellbeing strategy should address causes, not symptoms.



Reform billable hours models

The dominance of billable hours targets as a driver of poor health requires direct action. Firms should review whether current models and targets are compatible with sustainable working. Alternative approaches, including fixed-fee and value-based billing, should be assessed as part of a broader strategy for sustainable practice. The profitability of overwork is a short-term calculation with long-term costs.



Implement and enforce menopause, fertility, and pregnancy loss policies

Only 47% of respondents reported that their organisation had a menopause policy. Fertility support and provisions for pregnancy loss were available to around one in three. Every legal employer should have clear, written policies in each of these areas, with named points of contact, a commitment to reasonable adjustments, and managers trained to respond appropriately.



Create genuine psychological safety for disclosure

Cultural change requires more than an open-door policy. Organisations should train line managers to respond

appropriately to health and wellbeing disclosures, introduce anonymous channels for raising concerns, and measure psychological safety explicitly through staff surveys – with results reported to leadership. The test is not whether a policy exists, but whether women feel safe using it.



Make flexible working the default, not the exception

Eighty per cent of respondents reported that flexible working was available, but availability does not equal cultural acceptance. Organisations should establish flexible working as the default position, with the burden of justification on those who require deviation from it, not on those who request it. Presenteeism should be actively challenged at leadership level.



Introduce structured support for maternity returners

Return from maternity leave is a known pressure point for women in law. Dedicated support – including phased return arrangements, a named buddy or mentor, and protected time for re-integration – should be standard practice, not a concession negotiated individually. Only 39% of respondents currently have access to this.



Extend paid carers leave and financial wellbeing support

Caring responsibilities were cited by 46% of respondents as a direct health and wellbeing factor. Organisations should introduce or extend paid carers leave, review the adequacy of support for working parents, and consider providing access to independent financial advice. This is particularly relevant given the compounding effect of the gender pay gap and career interruptions on women's long-term financial security.



Hold leaders accountable for wellbeing outcomes

Wellbeing should be a leadership performance indicator. Senior partners, managing directors, and heads of chambers should have explicit responsibility for the wellbeing of those in their teams, with outcomes tracked and reported. Where wellbeing is poor, there should be organisational consequences. Good management was repeatedly cited in open-text responses as the single most important factor in wellbeing at work.



Collect and publish gender-disaggregated wellbeing data

What gets measured gets managed. Organisations should collect data on health and wellbeing disaggregated by gender, seniority, and role type, and should publish summary findings as part of their wider diversity and inclusion reporting. Sector bodies should encourage standardised data collection to enable meaningful comparison.



Establish sector-wide minimum standards

Individual employer action is necessary but not sufficient. The Law Society, Bar Council, CILEX, and other bodies should work together to establish sector-wide minimum standards for women's health and wellbeing in legal workplaces. These standards should be incorporated into accreditation frameworks, regulatory guidance, and employer benchmarking, so that good practice becomes the expectation rather than the exception.

Conclusion

This research set out to understand the health and wellbeing challenges facing women working in law. What it found was not surprising in outline – but it was stark in scale. Eighty-five per cent of women surveyed have experienced health and wellbeing issues that have affected their work. Two in three have considered leaving the profession as a result. Nearly half do not believe their working pattern is sustainable.

The legal profession is not short of talent. It is short of the structural conditions that allow that talent – particularly women’s talent – to be sustained across a full career.

The findings in this report are not evidence of individual failure. They are evidence of systemic design.

Change is possible. Some organisations are already doing it well, and the open-text responses in this survey include voices who describe workplaces that work. But good intentions and wellness programmes are not enough when the underlying architecture – the hours, the billing model, the cultural expectations, the absence of targeted support – remains unreformed.

The women who responded to this survey did so because they believe things can be better. This report is an attempt to give their evidence the weight it deserves.

“*Just for it to be acknowledged.*” – Survey respondent



Methodology

For this report, we collected responses in a first of its kind wellbeing survey focused solely on the experience of women in the legal profession, carried out in March – April 2026. This research was conducted through an online survey distributed to women working across the legal sector in England and Wales. The survey comprised 15 questions covering workplace setting, job role, subjective experience of wellbeing challenges, organisational culture, specific health impacts over the previous five years, and attitudes towards the adequacy of employer support. In total, 533 responses were received.

Respondents were drawn from law firms (70.8%), in-house legal teams (15.4%), chambers (5.4%), and other settings including academia, local authorities, legal NGOs, and alternative business structures (8.2%). Job roles spanned partners, associates, solicitors, barristers, CILEx lawyers, paralegals, support and business services staff, and trainees. The survey was anonymous throughout, save for respondents who voluntarily provided contact details for further discussion. If used, all testimonials are anonymised and attributed to role type and workplace setting only.

Percentage figures are derived directly from the survey data and are rounded to the nearest whole number. Where combined categories are used (for example, those who agreed or strongly agreed), this is stated explicitly in the text.

Authors



Dana Denis-Smith OBE

Dana is a prominent legal sector leader, serving as CEO of Obelisk Support and founder of the First 100 years campaign. She founded Obelisk Support in 2010, providing flexible legal solutions for clients. The First 100 Years campaign, launched in 2014, led the celebrations surrounding the centenary of women in law and has now evolved into Next 100 Years.

Dana is widely respected for her advocacy in gender equality, entrepreneurship and legal technology and is recognised with numerous awards and honours. She was awarded an OBE on 31 December 2024 for services to women in the legal profession.

Dana was elected Deputy Vice President of the Law Society of England and Wales on 30 May 2025, formally assuming the role in October 2025. She is set to become Vice President in 2026 and President in 2027. She also serves on the Law Society Council, representing women solicitors and advocating for diversity, equity, and inclusion. In March 2025, she received the Lifetime Achievement Award for Women in Law at the Legal 500 UK ESG Awards. She is a TEDx and regular keynote speaker, described as a “voice of reason” on law sector topics.



Rachel Pears

Rachel (She/Her) is the Associate Director of Responsible Business and in-house Employment Counsel at RPC, an international commercial law firm. She is responsible for shaping and delivering RPC’s ESG portfolio including environment, DEIB, charity, pro bono and health and wellbeing programmes.

Rachel works closely with RPC’s senior leadership to position ESG through a governance lens and embed its principles across the business. Rachel led the firm to win the ‘Responsible Business Team of the Year’ award at the 2024 Women and Diversity in Law Awards, the ‘Wellbeing Award’ at the 2025 LexisNexis Legal Awards and Rachel herself was awarded the ‘Inspiring Leader’ award at the 2025 Carers UK Awards.



Ann-Marie Goodbody

Ann-Marie is a speaker and coach specialising in sustainable high performance in high-pressure legal environments.

With over 25 years immersed in the legal sector across London, Europe and the US, Ann-Marie brings rare insider credibility to this work. She began her career as a corporate and M&A lawyer at Travers Smith before moving into senior business development roles at firms including Weil Gotshal, Reed Smith and Slaughter and May.

In 2009, burnout and chronic illness forced her to rethink what high performance really requires. That lived experience, combined with decades inside high-stakes environments, now underpins her work with individuals and organisations seeking to perform at the highest level without sacrificing health or longevity.

Ann-Marie is a certified Health, Wellbeing & Performance Coach, holding a Level 5 Diploma in Health & Wellness Coaching, a Certificate in Burnout Coaching, and accreditation as a Workplace Wellbeing Lead. She is a registered member and Ambassador of the UK & International Health Coaching Association and founder of Goodbody Wellness Co. She is also the author of *Finally Awakened*, a candid account of her burnout, chronic illness and recovery.

She is passionate about redefining success in law, showing that ambition, excellence and wellbeing are not competing goals, but mutually reinforcing ones.

Authors continued



Elizabeth Rimmer

Elizabeth is the CEO of LawCare, the mental health charity for the legal sector. She started her working life as a solicitor specialising in clinical negligence, practicing at Leigh Day. Elizabeth is Chair of the Helplines Partnership (national charity for support and advice services) and a member of the International Bar Association's Professional Wellbeing Commission and chairs the Commission's Bars and Regulatory sub-committee.



Rachel Euripides

Rachel is the Responsible Business Manager at RPC, overseeing the firm's ESG work in relation to Diversity, Equity, Inclusion and Belonging (DEIB), Health & Wellbeing, Charity and Pro Bono. Having worked in Diversity, Equity and Inclusion, and Responsible Business in the legal sector for the last eight years, and as a qualified CIPD professional, Rachel is passionate about embedding ESG throughout the sector, focusing on transforming policies and practices that can help advance DEI in the legal space, with a specific focus on wellbeing. In recent years, Rachel has helped embed a number of wellbeing practices across the firm to encourage people to take a proactive approach to their mental health, and better understand the support available in times of need.

Alongside Rachel Pears, Rachel supported the work that led to RPC winning 'Responsible Business of the Year' award at the 2024 Women and Diversity in Law Awards, and the 'Wellbeing Award' at the 2025 LexisNexis Legal Awards.

Next 100 Years

The Next 100 Years is the successor project to the First 100 Years and is dedicated to achieving equality for women in law. The project aims to accelerate the pace of change by encouraging collaboration across the legal profession, improving the visibility of women in law and supporting the women lawyers of the future. The project is powered by Spark21, a charity founded to celebrate, inform and inspire future generations of women in the profession. It builds on the success of the First 100 Years project which was created to chart the journey of women in law in the first 100 years following the Sex Disqualification (Removal) Act 1919, which paved the way for women to become lawyers for the first time. The five-year project culminated with the centenary celebrations in 2019.

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LawCare

LawCare is the mental health charity for the legal sector, offering free, confidential emotional support, peer support, and information to people in the legal community in the UK, the Channel Islands and the Isle of Man.

LawCare also advocates for improvements in mental health practices within legal workplaces, and actively leads cultural transformation through education, training, and research.

If you need support, call LawCare on 0800 279 6888, email support@lawcare.org.uk, or visit www.lawcare.org.uk.

