

EnergiseLegal case study

Solicitors/Career Management/Career Transitions

Dance Therapist in the making

The Brief

- A talented Returner who originally trained with a magic circle law firm wanted to return to work in a role that suited her and without compromising time for her family.

My Role

- We helped them to identify what they really wanted using in depth exercises to create new insights.
- We helped them to see what made them unique and what they wanted to achieve was possible.
- To help them create a step by step plan and identify ways to overcome the blocks.

The Result

- With two young children and a partner who worked internationally, we helped them identify realistic steppingstones as well as how to manage the multiple demands on their time.
- They enrolled on a dance therapy course confident in their decision following in-depth analysis and reflection and being in touch with what they really wanted, rather than what they thought that they should be.



- We included them in the career transition case studies we did for the Law Society web site and also featured them in our Career Management for Lawyers book for the Law Society.

Client Testimonial

"I met Rachel at a Law Society Returners course. I liked her energy and style immediately. She simultaneously completely understood the pressures and realities of working in law and having the identity of someone who does not fit neatly into the university -> law school -> law firm box. Women who have done many other things, women with families, women who have moved, women who have multiple interests and, dare I say it, talents and competencies, women who want to proactively design a working life that works for them but who are also grounded in the reality of today's practice. Not only that, she could work with me from where I was, seeing what I had to offer as something positive, and helping me to embrace that also. In the past, I was often sabotaged by relentless self-doubt, perfectionism and learned negativity. Rachel helped me with infinite patience and encouragement. Lo and behold, the inner dialogue has changed for good, and life is offering wonderful creative professional opportunities also. As she taught me workable tools to breakdown career planning, confidence issues, researching & applying for opportunities, the process brought great clarity. She gave me confidence that a non-conventional 'portfolio' career could actually work. She helped me overcome the mountains of discomfort coming with starting new skills/jobs in my 40s. I will keep checking in with her for 'tune-ups'. She has helped me get clear, prioritise and make great internal and external shifts."
Olivia Streater.