



THE HONOURABLE SOCIETY OF THE  
MIDDLE TEMPLE

# STUDENT INTRODUCTORY PACK

FOR STUDENT MEMBERS STUDYING THE BAR COURSE  
2020/21

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## MEMBERS OF THE INN'S STAFF YOU ARE MOST LIKELY TO MEET

### EDUCATION DEPARTMENT

T | 020 7427 4800 (option 1)  
[education@middletemple.org.uk](mailto:education@middletemple.org.uk)

Director of Education Services  
 Education Services Manager  
 Training Programme Manager  
 Scholarships Officer  
 Student Records Officer  
 Education Services Coordinator  
 Education Services Coordinator

Christa Richmond  
 Sally Yorke  
 Jessica Masi  
 Madeleine Cirdei  
 Alexandra Stan  
 Rosalie Bower  
 Jonny Boyd

### LIBRARY

T | 020 7427 4830  
[library@middletemple.org.uk](mailto:library@middletemple.org.uk)

Librarian  
 Deputy Librarian  
 Assistant Librarian  
 Assistant Librarian  
 Assistant Librarian  
 Senior Library Assistant  
 Library Administrator  
 Library Assistant

Renae Satterley  
 Harpreet Dhillon  
 Beth Flerlage  
 Lenka Geidt  
 Adam Woellhaf  
 Patrick Ghirardello  
 Annabelle Michael  
 Fariha Sikondari

### SECURITY

**Middle Temple Security**  
**24 hour assistance**  
**020 7797 7768**

## TERM DATES 2020/21

<b>Michaelmas Term</b>	Thursday 1 October	-	Tuesday 22 December 2020
<b>Hilary Term</b>	Monday 11 January	-	Wednesday 31 March 2021
<b>Easter Term</b>	Tuesday 13 April	-	Friday 28 May 2021
<b>Trinity Term</b>	Tuesday 8 June	-	Friday 30 July 2021

# ADVOCACY TRAINING

## ADVOCACY WEEKENDS

The Inn usually offers four highly-subsidised residential weekend courses each year, three at Cumberland Lodge and one in York. It is not known whether any of these weekends will go ahead in 2020/21. We also understand that not all students will be able or will feel comfortable attending in person. For this reason, we are also organising online one-day courses.

A weekend course is accredited with four Qualifying Sessions.

A one-day course is accredited with 2 Qualifying Sessions.

*These QS can be additional to the maximum 5 that you can book in the Michaelmas term.*

The courses are specifically for students on the Bar Course, although if there are spaces available they may be offered to other members of the Inn who are post Bar Course and pre-Call.

Due to the high demand for places on these weekends, places are allocated by ballot. For dates and to enter the ballot please visit the website at <https://www.middletemple.org.uk/education-training/student-information-services/advocacy-training-for-students>

**The deadline for applications is Sunday 11 October 2020.**

## VOLUNTEERING TO BE A GUINEA PIG OR WITNESS

There are a few opportunities during the year for students to gain a Qualifying Session free of charge by acting as a guinea pig or a witness on one of our advocacy courses. *This QS can be additional to the maximum 5 that you can book in the Michaelmas term.*

### ACTING AS A 'GUINEA PIG' ON A TRAINING THE TRAINERS PROGRAMME

All the Inn's Advocacy Trainers are practitioners who have undergone a *Training the Trainers* programme. On those programmes, Bar Course students are taught advocacy by new trainers who are practising the teaching method, jointly with very experienced trainers. Acting as a 'guinea pig' on a *Training the Trainers* Programme, which take place on Saturdays, is accredited as one Qualifying Session.

### ACTING AS A WITNESS ON THE NEW PRACTITIONERS' PROGRAMME

In the first three years of independent practice, new practitioners are required to undertake a programme of advocacy training on which student volunteers act as witnesses. Although they will not receive any advocacy training themselves, students tend to find it very useful to observe the training given to the new practitioners. Acting as a volunteer on an NPP exercise, which take place on Saturdays, is accredited as one Qualifying Session.

For information about how to sign up please visit the website at

<https://www.middletemple.org.uk/education-training/student-information-services/advocacy-training-for-students>

## CALL TO THE BAR

Middle Temple arranges Call ceremonies four times every year. They are traditionally held on the second Thursday in March and October and the fourth Thursday in July and November. In recent years, we have added additional ceremonies in July and November to accommodate student numbers.

### REQUIREMENTS FOR CALL

Students can be Called to the Bar once they have successfully completed the Bar Course and been credited with the requisite number of Qualifying Sessions. These QS must be completed during a period of no more than five years ending on the date on which that person is Called to the Bar.

### APPLICATIONS FOR CALL

In order to be Called you must submit an application by the relevant deadline. **Deadlines for applications will be published on the website.**

Applications can be submitted before Bar Course results have been confirmed, and before all Qualifying Sessions have been completed, but Call to the Bar may only take place when all pre-conditions are met.

The Call fee is currently £125.

## ESSAY PRIZES

Every year the Inn runs two essay competitions;

- Colombos Public International Law Essay Prize, worth £1,000
- Lechmere Essay Prize, worth £500

Essay titles and deadlines are announced towards the end of the Trinity term (July). At that time more information can be found on the website at <http://www.middletemple.org.uk/education-and-training/scholarships-and-prizes/essay-prizes/>

## OVERSEAS SCHOLARSHIPS

There are a number of scholarships available to enable members of the Inn who have completed their Bar Course to make educational visits abroad. These usually include trips to Hong Kong, America, Luxembourg, Israel and Canada.

Details of all overseas scholarships can be found on the website at <http://www.middletemple.org.uk/education-and-training/scholarships-and-prizes/overseas/>

Due to the pandemic, we do not yet know whether these will go ahead in 2021.

## LIBRARY

Please check the website for the library's opening hours:

<https://www.middletemple.org.uk/library/library-information/library-opening-hours> as they may change due to the pandemic.

From 5-16 October the library will be open 10.00 to 16.00. From 19 October onwards it will be open 9.00 to 19.00. The Library will be open one Saturday out of four (on a rota with the other Inn libraries); details are on the website. Out-of-term hours are Monday to Friday 9:00 to 17:30.

The Library offers a quiet place for study and provides print and electronic research materials covering a wide range of English legal subjects, and EU and US law. The Library subscribes to a range of legal databases, journals and law reports including, but not limited to: Bloomsbury Professional, iLaw, Justis, Lawtel, LexisLibrary and Westlaw UK and US. The full list of electronic materials, along with access to the library catalogue is available at:

<https://www.middletemple.org.uk/library/information-resources>. These resources are only accessible in the library: remote access is not available unfortunately.

Practitioner textbooks are available for overnight loans and a limited number of iPads with ebooks are available for weekly loans (with a £5 lending fee). We also offer a collection of non-practitioner books that can be borrowed for a month.

The Library has published guides to legal research covering UK, Irish, EU and US law, as well as parliamentary publications. These are available in the Library, or PDFs can be downloaded from our website: <https://www.middletemple.org.uk/library/information-resources/library-guides>. The Library has free WiFi and 16 public computer terminals which provide access to our electronic subscriptions, Internet, and MS Office. Scanning, copying and printing facilities are available at a 50% discount (student ID must be shown).

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## TOURS OF MIDDLE TEMPLE LIBRARY

Middle Temple Library is offering informal tours for any students who would like to find out about the services on offer. Enquire at the Library Reception, first floor of the Ashley Building if you would like a tour, which lasts approximately 30 minutes. You can also pre-book a tour by contacting the library on: 020 7420 4830 or [library@middletemple.org.uk](mailto:library@middletemple.org.uk).

## MARSHALLING

This scheme aims to give a student the opportunity to marshal with a judge (sit with him or her on the bench in court), usually for between 3 and 5 days. As well as showing a different perspective on the courtroom itself, it can be an opportunity to speak to the judge informally, with the possibility of being invited back to the judge's chamber, which could give further insight into the workings of a court.

*The current pandemic has meant that this scheme has not been running since March 2020. If it becomes possible to arrange any marshalling placements we will update students and open the application form.*

# MOOTING

## ROSAMUND SMITH MOOTING COMPETITION

Every year the Middle Temple runs a mooting competition for its student members. It is open to both Bar Course and CPE/GDL students and is a pairs competition.

Wherever possible you should find your own mooting partner, and **ONLY** one of you should complete the application form with details for you both (if you are struggling to find a partner you can apply singularly and we will endeavour to pair you up; however, we cannot guarantee that this will be possible).

Moots will be held online until further notice.

**The deadline for applications is 16:00 on Friday 23 October 2020.**

**Please note** that to be eligible to enter you and your partner must both be members of the Middle Temple and current students on either the Bar Course or the GDL in the academic year 2020/21.

There will be an online **Introductory Session** for all participants at 18:00 on Thursday 3 December 2020.

### PRIZES

The four students who reach the final win a wig and gown. They also take part in a mooting visit to the United States; visits alternate between the University of North Carolina in Chapel Hill and Pepperdine University in Malibu, California (subject to travel restrictions caused by the pandemic).

For more information on mooting and the application form for the Rosamund Smith Mooting Competition please visit the website at <https://www.middletemple.org.uk/education-training/student-information-services/mooting>

## MOOT TIMEKEEPING

Students not competing can volunteer to be a timekeeper for one or more moots, which gives you the chance to see the mooters in action and pick up advocacy tips from the judges. To sign up please email Rosalie on [r.bower@middletemple.org.uk](mailto:r.bower@middletemple.org.uk).

## INTERNATIONAL MOOTING OPPORTUNITY

Every year, a team of six students represents Middle Temple at the Willem C Vis International Commercial Arbitration Moot in Vienna. This is the leading international commercial mooting competition and brings together the world's leading experts in international commercial arbitration. Students can expect to work hard, learn a lot and make some fantastic friends! Teamwork is key as you analyse and prepare the case. The team is coached Zoe O'Sullivan QC (Serle Court) and Zara McGlone (4 Stone Buildings). Applications must be submitted by **Friday 2 October 2020 at 7pm**. Further information, including details of the selection criteria and recruitment process, can be found at <https://www.middletemple.org.uk/education-training/student-information-services/mooting>

## OTHER MOOTING OPPORTUNITIES

There may be other opportunities to moot through the Middle Temple Students' Association. Following the MTSA Elections, contact the Mooting Officer to find out what the Students' Association has planned for 2020/21.

## SPONSORSHIP

An institution such as the Bar, with its traditions and formality, can appear daunting. This scheme aims to provide student members with a 'sponsor' - a practising barrister – who will act as a mentor and contact at the Bar, taking a personal interest in the student and providing advice where appropriate. The student is often referred to as a "sponsee".

For more information and to apply for a Sponsor please visit <https://www.middletemple.org.uk/education-training/student-information-services/sponsorship-scheme>

## QUALIFYING SESSIONS

Students are currently required to attend a prescribed number of Qualifying Sessions (QS) in order to be Called to the Bar. Full details are on our website at <https://www.middletemple.org.uk/education-training/student-information-services/qualifying-sessions>

The compulsory sessions must be accumulated within a period of no more than 5 years ending on the date of Call. All QS must be completed before the date of Call.

## ATTENDANCE AT QUALIFYING SESSIONS

- Attendance at QS at the Inn is recorded by the Front of House staff who collect students' tickets and check their names against a list. **The onus is on students to hand in their ticket and thus to make sure that their attendance goes on record.**
- Attendance at online QS is recorded when you join the meeting link provided. We will check that you remained in the meeting for the duration. **The onus is on the student to join on time and to include their full name as they join.**

## BOOKING TICKETS

Members of the Inn can book and pay for tickets for themselves (and guests where applicable) online.

You cannot book tickets for another member of the Inn as your guest if they want the Qualifying Session to count on their record.

To book tickets you will have to log in to the website at [www.middletemple.org.uk](http://www.middletemple.org.uk). If you have not yet created a log-in you can do so by clicking 'Register' at the top of the homepage ~ you will need your membership number to complete this process.

### **Please bear in mind:**

- Unless otherwise stated, or the event sells out earlier, booking will close at 12:00 two working days prior to the event.
- Payment (where applicable) must be made at the time of booking – we are not able to reserve tickets.
- When you receive your confirmation email it is your responsibility to check that all the information for your booking is correct.

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## **CANCELLATION POLICY**

If for some reason you are unable to attend an event you must cancel your booking by contacting the Treasury Office (You cannot cancel tickets online). A refund will only be processed where a ticket is cancelled by 12:00 two working days before the event.

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## **DIETARY REQUIREMENTS**

- Dietary information for events at the Inn which involve a meal can be added to yours and your guests' tickets once you have booked them by logging onto your account on the website.
- Please ensure that you inform the Inn in good time if you (or any of your guests) have any special dietary requirements, e.g. Vegetarian, Vegan, Pescatarian, Halal, Gluten free, or any food allergies. Informing staff on the evening of the event will be too late so please do bear this in mind.
- For information about Kosher Meals and attending events during Ramadan please visit the website at <https://www.middletemple.org.uk/dietary-requirements>

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## **DRESS CODES**

Events in Hall are usually formal occasions and all present should always be respectably dressed in appropriate clothes having regard to the nature of the occasion. For more information please visit the website at <https://www.middletemple.org.uk/middle-temple-dress-code-tie-policy>.

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## **RULES & CUSTOMS**

There are certain rules and customs that members are expected to observe when attending formal Qualifying Sessions at the Inn. For more information please visit the website at <https://www.middletemple.org.uk/rules-and-customs>.

## PUPILLAGE SUPPORT

The Pupillage Gateway, managed by the Bar Council, is the online application system for pupillage. It is a Bar Standards Board requirement that all pupillages are advertised on the Pupillage Gateway for a minimum of two weeks. Some chambers will require you to apply through the system, others have their own application system. For more information please visit <http://www.pupillagegateway.com/>.

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### MOCK PUPILLAGE INTERVIEW SCHEME

The Inn offers those with imminent Pupillage Interviews the opportunity to practise their interview technique in front of barristers.

Applicants who have been granted a Pupillage interview may apply to the Inn using the online form and where possible will be matched with a Barrister with the appropriate specialisation from a different chambers.

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### PUPILLAGE INTERVIEW TRAVEL EXPENSES

The Inn has a limited fund available to support those students who incur substantial expenses in attending pupillage interviews and are finding this financially challenging.

Funding will be limited to cases of particular hardship or exceptional circumstances. Each applicant is expected to underwrite the first £200 of their expenses before seeking support from the fund.

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### PUPILLAGE SUPPORT GRANTS

In 2016 the Inn launched a support scheme for members who are suffering particular financial hardship during pupillage. The funds available each year are limited.

To be eligible to apply you must;

- be a member of Middle Temple.
- have been awarded a pupillage undertaking principally publicly funded work.
- be in receipt of a pupillage award (including guaranteed earnings) no greater than; £17,500 for pupillages outside of London, or £20,000 for pupillages in London.

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### PUPILLAGE HARDSHIP GRANTS

The Middle Temple is able to make awards to members of the Inn who are in pupillage, or who have pupillage arranged, to alleviate cases of serious unexpected hardship. Their purpose is to ensure, so far as possible, that members of the Inn with the potential to succeed at the Bar are not prevented from doing so by some unexpected financial setback. The funds available are limited.

For more information on Pupillage Support please visit the website at <https://www.middletemple.org.uk/education-training/pupillage-support>.

## MIDDLE TEMPLE STUDENTS' ASSOCIATION (MTSA)

### WHAT DOES THE MTSA COMMITTEE DO?

The MTSA committee is a student committee formed fundamentally to represent the interests of all student members of MT, providing a formal link between the MT student member and the Inn. As a student member of Middle Temple, you are automatically a member of the MTSA.

The main responsibility of MTSA is to organise events for Middle Temple students. In the past year, we have held events ranging from mootings and negotiation workshops, our annual Christmas Party, online QS with renowned barristers and judges in their respective practice areas as well as events on the Black Lives Matter movement. In addition to that, we also try our best to handle any questions on Middle Temple related affairs from students.

**RUN FOR A POSITION DURING THE [MTSA COMMITTEE ELECTIONS](#)! ATTEND AND VOTE!**

### MTSA ELECTIONS

**Wednesday 7 October 2020**, online.

Positions available:

**President** (president@middletemplestudents.com)

- Leader of the committee
- Main point of contact with the Inn
- Organise events
- Lead internal meetings of the MTSA

**Vice President** (vice-president@middletemplestudents.com)

- Second in command
- Organise and promote events
- Stay plugged into current student affairs via the WhatsApp groups, flagging any concerns raised to the MTSA Leadership team or Middle Temple Education team

**Treasurer** (treasurer@middletemplestudents.com)

- Manage the annual budget for the committee
- Handle committee bank account.
- Keep track of all expenses and income
- Reimburse the committee for expenses incurred in organising an event
- Assist in the planning and organising of events held by MTSA

**Mooting Officer** (mooting@middletemplestudents.com)

- Organise mootings workshops

**Debating Officer** (debating@middletemplestudents.com)

- Organise debating workshops
- Organise the Monroe Cup

**Social Secretary** (events@middletemplestudents.com)

- o Organise annual MTSA Christmas Party
- o Assist with events

**Equality, Diversity & Welfare Officer** (diversity-equality@middletemplestudent.com)

- o Member of Middle Temple LGBTQ+ Forum
- o Organise diversity themed events
- o Organise Black History Month event

**Communications' Officer** (communications@middletemplestudents.com)

- o Run MTSA social media accounts
- o Write emails to students
- o Liaise with Middle Temple staff and speakers for events
- o Design promotional material for events

If you would like a more detailed explanation on what each committee member does in their role throughout the year, please email them directly, or alternatively, please send me ([communications@middletemplestudents.com](mailto:communications@middletemplestudents.com)) an email if you have any general questions about the MTSA. You can also contact us through any of our social media pages.

We hope that you now know a little more about the MTSA! Joining the MTSA is a very fun experience that also looks good on your CV.

See you at the elections on Wednesday 7 October!

*Kind regards, the outgoing MTSA Committee 2019/20*

## MIDDLE TEMPLE YOUNG BARRISTERS' ASSOCIATION (MTYBA)

MTYBA - Middle Temple Young Barristers' Association represents the interests of the Inn's members from the point of being called to the Bar to 7 years post-pupillage experience. We organise professional and social events and provide funding in the form of grants. Membership is automatic upon being called to the Bar.

We encourage engagement via Twitter, Facebook, email ([enquiries@mtyba.org](mailto:enquiries@mtyba.org)) and our website [www.mtyba.org](http://www.mtyba.org).

Good luck on the Bar Course! We look forward to welcoming you at an event once you've been called.

## TEMPLE WOMEN'S FORUM

The Temple Women's Forum was founded by Middle and Inner Temple in 2011 to encourage and support women throughout their careers, so as to increase retention within the profession. It provides a meeting place to focus together on some of the key issues identified as contributing to the decision of many women to leave the profession in the prime of their careers. Although aimed at women practitioners, men are certainly not excluded. <https://www.innertemple.org.uk/your-professional-community/temple-womens-forum/>

## MIDDLE TEMPLE LGBTQ+ FORUM

The Forum has been created to support, advise and encourage members of The Honourable Society of the Middle Temple and the Bar as a whole, who identify within the broad heading of LGBTQ+. Although the Forum is described as being for those identifying as LGBTQ+, it is open to all and supportive of all. In doing so, the Forum welcomes allies from every corner; it is created to be an inclusive rather than exclusive organisation. Everyone is welcome, regardless of sexuality, gender or any other characteristic. <https://www.middletemple.org.uk/members/inn-societies-and-groups/lgbtq-forum>

## MIDDLE TEMPLE CIRCUIT & OVERSEAS SOCIETIES

### UK

#### Circuits

In a bid to re-engage with our members on Circuit, the Inn has established Middle Temple Societies on the Circuits out of London, with Societies established on the Northern, North Eastern, Midland and Wales Circuits. The Inn will be setting up a Western Circuit Society in the near future.

If you are interested in being involved on your Circuit please do let the Membership team know.

### Overseas

There are Middle Temple Societies in Hong Kong, Malaysia, Mauritius, Singapore and Gibraltar.

#### Hong Kong

Catrina Lam of Des Voeux Chambers is the Secretary of The Middle Temple Society in Hong Kong.

#### Malaysia

Jagjit Gill is the Secretary of The Malaysian Middle Temple Alumni (TMMTA) based in Kuala Lumpur.

#### Mauritius

Rashad Daareewo SC is Chairman of the Mauritius Middle Temple Society.

#### Singapore

Robert Foote is the Secretary of The Singapore Middle Temple Society.

#### Gibraltar

Darren Martinez is the Secretary of the Gibraltar Middle Temple Society.

For details of how to contact any of the secretaries of the International Societies please get in touch with the Membership Department.

020 7427 6385  
[members@middletemple.org.uk](mailto:members@middletemple.org.uk)

## MIDDLE TEMPLE HISTORICAL SOCIETY (MTHS)

*Welcome to the Middle Temple. You will probably not have heard of the Middle Temple Historical Society. We and our guests usually meet approximately four times a year in the Bench apartments for drinks, a hot supper and a talk on an historical topic, usually with a legal theme. Membership of the Society is open to all members and friends of the Inn and its staff and a warm welcome is extended to students. We very much hope that you will join us. If you would like more information, please contact me at [mths@middletemple.org.uk](mailto:mths@middletemple.org.uk)*

Master John Mitchell, Chairman of MTHS

## TEMPLE CHURCH

*"I am 'the reverend and valiant' Master of the Temple at the Temple Church, shared between Middle and Inner Temple. The Church itself, through the first courtyards on the other side of Middle Temple Lane, is very beautiful and has a wonderful choir. All members, of any religious faith or none, are welcome to the services and to all other events. I live in the Temple, next to the Church, and am always available to meet members of the Inn; as a former college-chaplain, I know that student-life can at times be hard. I look forward to meeting at least some of you over the year."*

Robin Griffith-Jones, Master of the Temple Church

## WELL BEING

### MIDDLE TEMPLE COUNSELLING SERVICE

The Inn is pleased to announce that during 2020/21 we are able to continue to offer a free and confidential counselling service on site to all student and junior members of the Inn to 7 years' Call.

The service offers support with both personal and professional issues from a qualified and experienced therapist.

For more details about the service including how to access please contact Christa Richmond, Director of Education Services, at [c.richmond@middletemple.org.uk](mailto:c.richmond@middletemple.org.uk).



Congratulations on your successful degrees and commencing professional training. You will all no doubt be familiar with the term 'stress' and many of you may have experienced some of the unpleasant symptoms associated with it during your studies. But how many of you are aware of what the symptoms are? Or how to recognize them in yourself and others? More importantly what you can do to manage these issues both with preventative steps and simple recovery to ensure that you develop into a resilient lawyer for successful future practice.

Demands and psychological distress in Lawyers globally is a developing phenomena. This is an issue for the profession because it can lead to ethical and professional performance issues, retention difficulties and creation of a toxic culture and environment.

Therefore the General Council of the Bar and all four Inns of Court, supported by the Specialist Bar Associations and Institute of Barristers Clerks have developed a project to support the Wellbeing of those within and entering the profession to safeguard and manage these risks.

Wellbeing is about having the resilience and ability to carry out your professional duties in a healthy way.

The Wellbeing at the Bar programme is designed to:

- a) Provide members of the profession with the information and skills they need to stay well;**
- b) Support members of the profession as they deal with difficulties that arise in so far as they affect a barrister's professional life; and**
- c) Provide assistance to those with responsibility (or taking on a supporting role) for those in difficulty or crisis.**

Investing in developing the awareness and skills to maintain your wellbeing during demanding studies, work and life in a healthy way will optimize your performance, and ensure that you have the best chance of success in your professional life.

The Young Bar are actively seeking to support you in your early career and have developed a Young Bar Toolkit, comprising of vital information for the new and developing practitioner, to support you in your early practice. This link will take you to their website

<https://youngbarhub.com/2015/10/09/young-bar-toolkit/>

The Bar Council have developed a Wellbeing Portal where you can access information regarding what wellbeing at the bar is, how to manage your own wellbeing and support others whom you may

be concerned about and what events are being run in conjunction with specialist bar associations, the Inns and Chambers which you can participate in. This link will take you to this information <https://www.wellbeingatthebar.org.uk/help-for-students/>

All Inns of Court, Circuits, and Specialist Bar Associations are committed to developing further events and training seeking to provide you with the training to manage your lives and practice in the coming years.

You can also find support and guidance regarding any Equality, Diversity and Disability issue in confidence from The Bar Council via their helpline on 02076111320.

### **Know the basics!**

#### **The critical essentials**

Sleep, Diet, Exercise, Mindfulness, Play, Nurturing relationships and daily gratitude practices. Be kind to yourself. Be proud of what you do.

#### **Perfectionism & rumination risk**

Lawyers as a profession are taught to use their brains in a highly analytical way. This learnt behavior places us at risk of perfectionism and rumination in our private lives too which can lead to unhealthy over analysis. At your current stage you may also face great challenges with regards to your future aspirations and from time to time feel negative or low in spirits regarding this.

#### **Simple safeguards**

Your studies, remember the basics, and creating healthy habits for balance and success. Your career, keep the challenges in context, and normalize the rejections given the competition of the Bar, seek support via mentoring, counselling and share your concerns with family, friends or professional schemes offered by your Inn. Ask yourself every year how you are travelling and where you want to be in two years' time, set a goal which you can feel a sense of pride and success in achieving, it may be some voluntary work, or even an unrelated career goal.

Consider doing a skills audit to evaluate your abilities and growth. Ask yourself frequently if you want to keep doing this and consider seeking support to change direction if you're not content. Be aware of adrenalin addiction.

### **Getting Help**

During your studies you have access to your providers counselling and support service, be aware that the portal has an online facility providing you with lots of valuable guidance. Pupils and self-employed practitioners have access to free counselling via an assistance scheme managed by Bar Council and funded by WATB and the Bar Mutual Indemnity Fund.

For more information about Wellbeing at the Bar contact [smercer@barcouncil.org.uk](mailto:smercer@barcouncil.org.uk)

**Rachel Spearing, Co-Founder of WATB, Benchers of Inner Temple**



THE HONOURABLE SOCIETY OF THE  
MIDDLE TEMPLE

