

## FOR IMMEDIATE RELEASE

Press Contact: Michelle Figg  
Phone: 07973221331  
E-mail: [michelle@michellefigg.com](mailto:michelle@michellefigg.com)  
Website: [www.michellefigg.com](http://www.michellefigg.com)  
Address: 254 Edgware Road  
London, W2 1DS

### **More Billable Hours, Less Stress, and Home by Five**

London, England, November 1, 2006 – Those working within the field of law now have a new tool at their disposal. Once regarded as a valuable tool only for the affluent, success coaching is now something everyone has the opportunity to benefit from. For those needing assistance with work-life balance, teamwork, indecisions, management of billable hours, and other obstacles or challenges posed by a career in law, Caroline Newman is launching the London-based company, Lawyer Success Coach [www.lawyersuccesscoach.com](http://www.lawyersuccesscoach.com) in December 2006.

Success coaching is not therapy or consulting. It draws from numerous disciplines, including psychology, Neuro Linguistic Programming (NLP), counselling, and sports coaching. Coaching is used as a tool for generating success, motivation, management and tangible results in both personal and business life. Many people in the field of law are in distress because they find billable hours difficult, stiff competition in the workplace, lack team cohesion, have overwhelming deadlines, need change or direction in career and life, help with changing circumstances, issues with the glass ceiling, are tired of tolerating unwanted circumstances or simply want more balance between work, family and personal commitments.

Caroline states, “as a lawyer myself I understand the stress, pain and struggle that solicitors, barristers and judges go through. For the last 15 years I have worked within the field of law at many levels and have found the secrets to work and life balance. I’ve been chairman of the Equality and Diversity committee for 3 years and on the Council of the Law Society, so I have a great deal of information. I have also spent years studying the research which demonstrates how women are leaving the profession in droves. Considering that it takes over £100,000 to train a lawyer, this is a waste of time and money. Coaching can prevent this from occurring.

For many, it is a lack of clarity over the choices they need to make in personal and career life. Many in the field of law get to a point where they think the only way out of a problem is to leave the job. Coaching can help them to manage the work/life balance. For some, this can mean a new role or career path and for others it is just a better way of managing tasks.

Caroline discusses several of her clients who achieved success through her coaching. “I have a past client who was in a big city firm and unhappy because of long hours, high stress and felt she was in the wrong job and wrong area of law. After a few months of coaching, she set goals for herself and decided to leave her firm and is now working for a 20 partner firm in the west end. She’s happy and is now in a different field of law, at a smaller office. She took a pay cut but was happy to do so because of the lifestyle benefits and changes it brought her.”

Caroline continues, “I had another client who had become pregnant was going to leave her solicitor role. She was fed up with the lack of clarity in her situation, wanted to work part-time after the birth and believed her boss would make life more difficult for her after coming back from maternity leave. Through coaching and goal setting she realised her love of her current role and company and was encouraged to develop a presentation and proposal making a strong case and justification for a part time position. She is currently back with the company and working part-time in a top 20 firm in a new department.”

Most recently Caroline worked with a newly qualified solicitor who was excellent in technical skills such as drafting contracts but felt he lacked confidence in relating to people and his ability to build relationships and win clients. Through coaching he became more confident with communication and team-building skills. “By setting clear goals and outcomes in all areas of his life he was able to develop his skills and is now on the path to becoming a partner,” says Caroline.

The variety of services offered by Lawyer Success Coach range from group email support to telephone support to a full one-on-one 10 month coaching program. Caroline also specialises in team coaching in order to develop better cohesion, goals and outcomes. For more information on Caroline Newman and her success coaching services for personal and business clients visit [www.lawyersuccesscoach.com](http://www.lawyersuccesscoach.com) or email [caroline@caroline-newman.com](mailto:caroline@caroline-newman.com).

Caroline has been coaching people for over 10 years and through her success coaching businesses, [www.caroline-newman.com](http://www.caroline-newman.com) and [www.lawyersuccesscoach.com](http://www.lawyersuccesscoach.com) she has now combined her experience in professional practice, solid business insight, emotional intelligence and business coaching skills to provide first class coaching services to her clients and says she “brings to all her clients the same level of commitment, enthusiasm and passion she exhibited in her legal career.”

Caroline Newman started her career in the accounting profession working for a FTSE 100 company, and then had a very successful career as a Policy Manager in local government where she helped to transform systems. She also worked as a Project Manager for a national charity where she co-wrote and edited a book on how to divert mentally ill people from the Criminal justice system. Next, she went on to qualify as a solicitor with one of the top law firms in the UK and took all of this experience to set up her own law firm and training company.

The goals of her new business are to:

- Share her secrets for success with people who want to realize their fullest potential
- Coach and empowering people to live a rich and rewarding life and achieve goals
- Provide advice that is honest and objective allowing clients to stay focused to better achieve their goals
- Empowering clients to define and achieve their goals

Caroline is currently in the process of writing a new book on coaching and motivating which will be ready for publishing in 1997.

###