

Sophie Connors

'Sophie is an excellent barrister, always impeccably prepared, very generous with her time, very robust and able to think quickly on her feet.'

Legal 500, 2025

'She is a phenomenal advocate and can find solutions in the most difficult of circumstances. Clients and lawyers adore and trust her completely.'

Chambers and Partners, 2025



Experience

Year of Call: 2009

Practice Areas

- Financial Remedies
- International Children Law
- Private Children Law
- Public Children Law

Dispute Resolution

- Private FDR and Early Neutral Evaluation

Direct Access

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Education

BA (Hons) (First Class) Modern History, Christ Church, Oxford: 2004-2007

Bar Vocational Course, Inns of Court School of Law, 2008

Graduate Diploma in Law, College of Law, 2007

Profile

Sophie Connors is barrister specialising in matrimonial finance and private law children work. Her parallel strengths in these areas allow her to represent clients throughout their relationship breakdown. She is a tenacious advocate who combines practical, sensible and proportionate advice with a determination to get the best outcome in every possible case. She undertakes work at all court levels including frequently undertaking cases with an international element and representing high net worth clients. She has extremely good relationships with her solicitors and lay clients alike.

Family Finance

Sophie is equally experienced in matrimonial finance and schedule 1 proceedings. She frequently acts for High-Net-Worth clients in both areas. She considers it exceptionally important to keep proportionality in mind no matter the size of the case.

Private children law

Sophie has a broad practice covering all areas of private law children work with a particular emphasis on relocation cases and complex cases where contact might have broken down.

Non court resolution

Sophie undertakes private FDR hearings as an adjudicator.

Sophie regularly undertakes work for The Divorce Surgery and relishes the opportunity to assist parties in resolving their financial arrangements post-separation as amicably as possible.

Memberships

FLBA and Women in Family Law

Directories

"She is a phenomenal advocate and can find solutions in the most difficult of circumstances. Clients and lawyers adore and trust her completely."

"She has a sensible pragmatic approach. She's very creative and is a formidable force both in terms of drafting and her advocacy."

"Clients love her and her written documents are flawless."

Chambers and Partners, 2025

'Sophie is an incredibly skilled and forceful advocate who can turn a case around in the most challenging circumstances. Her preparation and client care is first-class.'

'Sophie is an excellent barrister, always impeccably prepared, very generous with her time, very robust and able to think quickly on her feet.'

Legal 500, 2025

"She has a winning manner with judges and builds a rapport with the court. Good with clients and possessed of excellent advocacy skills, she has a brilliant ability to present the most difficult arguments in an effective, eloquent and persuasive way."

"Sophie wins the respect of clients, opponents and tribunals in an instant. She is incredibly responsive and wholly committed to each and every case."

"Accessible, approachable and highly practical. She really does go the extra mile, and will absolutely apply herself to really sort out difficult issues for clients."

Chambers and Partners, 2024

'Sophie is at the top of her game and the best of her generation. She is incredibly bright and has a unique combination of exceptional client manners and impressive, tenacious advocacy. She is a strong opponent and fights when a case needs a fight but knows when to advise on settlement and pragmatism. She is a star in both money and children's work.'

Legal 500, 2024

“Sophie Connors is practical, working hard to get things to settle where possible.”

“Sophie combines a gentleness with clients and a toughness in court that is show-stopping. Her instincts are second to none.”

Chambers and Partners, 2023

‘Sophie is a force to be reckoned with. She has an incredibly good manner with clients, is always meticulous in her preparation and her advocacy skills are second to none.’

Legal 500, 2023

“She is proactive and has a real handle on cases. She stays calm under pressure and is happy to be hands-on.” “Sophie not only approaches every case with the same vigour and determination, but appears to do it with ease and a smile.” “A real champion for her clients who is always well prepared and takes a measured approach. She keeps the overall picture in mind on cases.”

Chambers & Partners, 2022

Negotiates a practice that takes in all areas of family law including matrimonial finance matters and private law children work. A number of her cases have an international element to them.

Strengths: “Very good at cutting through the emotional elements of a case and getting to a settlement.”

“She is a bundle of energy” and is “an incredibly bright and very strong advocate.”

Chambers & Partners, 2021

Ranked for Children & Matrimonial Finance

‘Is a tenacious advocate. Her written work is meticulous. Clients love her empathy and her attention to detail – she knows their cases inside out. She is a terrific team player and incredibly user friendly.’

Legal 500, 2021

‘The complete package – fabulous with clients, a very persuasive advocate, and immaculately prepared.’

Legal 500, 2020

Cases

16/01/2024	Y v Z. Schedule 1	Sophie Connors	[2024] EWFC 4
08/03/2023	SW v IB (Challenge to Arbitral Award: Triage Determination)	Alex Verdán KC Sophie Connors	[2023] EWFC 42 (B)