

Sophie Connors

"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."
Chambers and Partners, 2024

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

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

Graduate Diploma in Law, College of Law, 2007

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

Queen Mother Scholarship, Middle Temple, 2008

Lord Justice Sachs scholarship award, Middle Temple , 2008

Profile

Sophie Connors has a broad practice covering all areas of family law with a particular focus on disputes between parents about child arrangements and the financial consequences of 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. She has extremely good relationships with her solicitors and lay clients alike.



Memberships

Middle Temple
Family Law Bar Association

Directories

"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