

James Anderson

Job Solicitor — clinical and medical negligence
Hobby Kickboxing

“Kickboxing is a good stress reliever. I only took it up three years ago but it makes me happier and healthier. I’ve had some good success with it too, including being a member of the England squad at the World Championships. It requires a competitive edge plus discipline and patience — all great transferable skills for work. I was impatient when I first started working; rushing to get things done for clients. Now I’m more considered in my approach, taking a step back to work out what’s best and plan the right move.”

Big moments at work

As a trainee helping to win a big product liability case which really whetted my appetite for defending the rights of injured people.

“I got lucky: I was looking for a firm that matched my ambitions and I found it here. From the first day as a trainee, you feel like you are being earmarked as a future leader. It’s a good feeling, and it’s backed up by clear routes and opportunities for progression.

The learning and development workshops offered by The Academy really set us apart. They’re not a bolt-on but tailored to what people want. I found the self-awareness insights training really valuable in improving my communication and decision making.

You’re appreciated here as an individual and not ‘put in a box’. People see your personality and style of working, and really nurture it. There’s no need to hide your interests, however quirky: insects, Neil Diamond, Red Dwarf... it doesn’t really matter what the subject is! It just shows you really care about something and clients want you to care and be able to connect and give something of yourself.”

