

WEBINAR: LEADING WITH FOCUS – MANAGING OVERWHELM, TIME AND YOUR TEAM EFFECTIVELY

TUESDAY 13 OCTOBER 2026 – 11:00 – 12:00

Webinar details:	The platform is Microsoft Teams
Cost:	£30 – Member and Associate Members of BDLS/Trainee Lawyers £55 – Non-Member of BDLS
Booking Reference:	703
CPD:	1
SRA Competence:	B SRA Statement of solicitor competence Solicitors Regulation Authority

For many legal professionals, overwhelm, firefighting & long hours have become the norm. Between demanding clients, competing deadlines, constant emails and interruptions, managing a team and the pressure to always be available, it can feel like you are always behind.

And that there is just never enough time for *your* work, the work you actually want to do that you know will create the biggest impact.

This practical webinar will help you step out of reactive mode and take back control. We'll explore how to focus your time and attention on what really matters, manage competing priorities, set better boundaries and lead your team in a way that creates greater ownership rather than greater dependency.

You will leave with:

- **Clarity about where your time and attention are really going.**
- **An understanding of what is going on in your brain when you feel overwhelmed & what you can do to manage this.**
- **Practical strategies for structuring your days & tasks to protect focus and manage competing demands.**
- **A framework for delegating effectively and creating greater ownership within your team.**
- **A simple, actionable plan to lead with more focus, less firefighting and greater impact.**

Speaker Profile:

This webinar will be presented by **JESS WIGGINS**. Jess is a Leadership Coach and the founder of Impact Coaching International. Formerly Deputy Head of a successful law firm in Manchester, Jess brings over 15 years' People and Leadership experience in the legal profession to her work with clients. She knows the legal profession inside out and understands the demands and challenges of a career in law. Not only that but she is a qualified Coach and Group Coach Facilitator with significant experience of coaching and mentoring lawyers and leaders to help them achieve their maximum potential. The Leadership Coaching Jess delivers supports the growth and development of leaders, ensuring they are inspiring, influential and impactful.



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