

Hi All,

The autumn chill has arrived quickly this year, but that hasn't stopped our members from getting out and having a great time! We've had a busy few weeks filled with fantastic events and even more are on the way.

Previously

We kicked off our Burn Bright Masterclass Series with an insightful webinar led by Donna Smith, diving into the topic of imposter syndrome — what it is, why it happens, and how we can overcome it. Donna shared practical tips for building confidence and reframing self-doubt, and the feedback from attendees has been overwhelmingly positive. The next masterclass will take place in **November** – more details below.



Next, we swapped suits for sensors at our laser tag social. There were some questionable tactics, plenty of laughter, and one clear victor: *The Punisher* (you know who you are).

Our members also turned up in style for the NLS 150th Birthday Bash. The outfits were on point, the music was amazing, and the atmosphere was electric. Here's to another 150 years of the NLS legacy!

A few of our more energetic members also hit the ground running (literally) at the Colwick Parkrun. Whether you're a seasoned sprinter or a casual jogger, we'd love to see more of you lace up for the next run in November — it's a great way to get moving and connect outside the office.

If you've ever thought about taking part - do it! Some of our own committee members are former winners and are always happy to share their tips and experiences.



Upcoming

It's that time of year again — our **Annual General Meeting (AGM)** is just around the corner! Join us on **Thursday 30 October 2025** at The Barley Twist.

Once the formalities are wrapped up, stay for our Wind Down Thursday, where you can relax with a drink, chat with fellow members, and toast to another successful year.

Our next **Burn Bright Masterclass, "How to Break the Cycle of Burnout,"** will be held on **Monday 24 November 2025** at Ropewalk Chambers.

A huge thank you to Ropewalk Chambers for hosting and they've kindly provided a booking link here: <https://bit.ly/4nwVzeb>.

This promises to be another valuable and empowering session, especially for anyone juggling demanding workloads or looking to improve their work-life balance.

And finally, the event we've all been waiting for — our **Winter Ball!** Tickets are finally on sale at £50 for members and £60 for non-members. Join us on **Friday 21 November 2025** at **Alea Casino** from 6:30 for an evening of elegance and excitement, featuring a three-course meal, DJ, learn-to-play casino experience, and plenty of opportunities to dance the night away.

Bring your best black-tie glamour and get ready for a night of sophistication, sparkle, and maybe even a little luck at the tables!



NOTTINGHAM JUNIOR LAWYERS DIVISION
INVITES YOU TO

Casino Royale

Winter Ball 2025

21 NOVEMBER 2025 6:30PM

AIEA CASINO, 108 UPPER PARLIAMENT ST,
NOTTINGHAM, NG1 6LF

Membership & Sponsorship

If you have not yet signed up, our membership renewal is currently taking place for the next year! Becoming a member means you'll enjoy:

- Discounted tickets to all our events (including the Winter Ball)
- Early access to event announcements
- Opportunities to network with peers and industry professionals

We're also keen to collaborate with local firms and businesses to sponsor upcoming events. Sponsorship helps us to continue delivering high-quality, affordable events for our members and it's a fantastic way to connect with the legal community in Nottinghamshire. Interested? Reach out to us at shannon@austinmoore.com.

Warm regards,



Shannon Mould – Chair of NJLD



If your firm, chamber or company has placement students, Paralegals, Pupil Barristers, Trainees or newly qualified Solicitors / recently called Barristers (up to 5 years PQE/BPTC) then consider the benefits that the NJLD's educational, professional, social and sporting networks can offer them. For further information please see the NJLD Webpage or contact Shannon Mould Shannon@austinmoore.com