

Louise Mathias

Barrister, Mediator and Certified Coach

Louise Mathias is a barrister (ex-litigation), mediator (Harvard), and certified coach and adviser in High Performance, Emotional Intelligence, and Dare to Lead™. She helps lawyers and barristers prepare, perform, and lead under pressure — with pressure down, performance up, and zero burnout.

After years in litigation, mediation, and coaching, she has seen the same pattern that comes with the profession: strong legal skills, but uncertainty about what to prepare beyond the law; relying on legal skills alone when conflict, challenging behaviour, or pressure spikes; and leading without the habits trusted leaders use.

Louise uses proven evidence-based methods to help lawyers and barristers prepare with clarity, perform under pressure, influence others, stay in control, resolve conflict more simply, and build a reputation others rely on — without carrying the pressure the profession is known for.