

The first four weeks of pupillage have flown by, and just like that I was already about to start my fifth and sixth weeks. Whilst the previous entries of this journal have focused on the day-to-day life *inside* the court room, what about life *outside* of it?

Whilst pupillage is an intense period of on-the-job training along a steep learning curve, one aspect that might not fall to be considered by those wishing to come to the Bar is how do you fit the rest of your life around what is undoubtedly a demanding and hectic schedule? With more focus than ever on *Wellbeing at the Bar*, it is perhaps an aspect that goes overlooked until you find yourself rushed off your feet without a moment to catch your breath...

For those going through the pupillage application process, or perhaps those for whom the process has finally ended, and they are waiting to start pupillage, it is worth giving some thought about how to structure commitments or hobbies around your days in Chambers or the court room.

As somebody who came to the Bar later in life, I relied upon the experiences I had gained in other fields and roles to inform how to manage my time in the most efficient way. There is no shortcut when it comes to experience, and having the know-how developed from years in other careers made it somewhat easier to port that knowledge into a career at the Bar.

The overarching advice is to ensure you have a solid structure in place for how you want your day to run. Whether this is ensuring you have enough time in the morning to have breakfast and mentally prepare yourself for the day, or getting your bag ready the night before so you can just get up and go: each person is different, but the key thing is to ensure that your day runs in a way that allows you to be at your best when you're *in court* (or anywhere else with your supervisor or other members of the Bar, as the case may be).

For me, this meant waking up just before 6am so I had enough time to do everything I need and want to before leaving the house. I'd set my coffee machine to come on at exactly the right time, and on Sundays I meal prep breakfast, lunch, and dinner for the week. Little things like this may seem trivial or unimportant, but if you have other things that you need or want to do outside of the working day, it can save you a huge amount of hassle getting it done in your free time.

Planning my week in this way means that when I wake up every morning, all I have to do is take my dog out (he's much more excited about the prospect of going for a walk at 6am than I am), and then when I'm back I don't have to worry about making breakfast from scratch, or making sure I'll have the right ingredients in for dinner later. I can spend the morning simply mentally preparing myself for the day ahead, which puts me in the best mindset for what is ultimately a challenging working day.

Finding a structure and routine that works for you is also key to ensuring you don't suffer from burnout before you've even had a chance to get going. Setting aside an hour or two a day where you can focus on the things that allow you to decompress from a job that is

EXCHANGE

CHAMBERS

as emotionally and mentally taxing as it is rewarding is vital to ensure you develop your career and practice in a sustainable way.

This ultimately trickles down into how you find yourself working too: there is no shortage of work to be done during pupillage, but one of the most important aspects of this is prioritising and managing that workload.

By ensuring your life outside pupillage is set up to help you succeed *in* pupillage, it becomes so much easier to spin all the plates that invariably will be passed your way.