



# S4 Episode 6: YRes Takeover - Thriving in Law: Culture, Careers & Community

## About this episode

Hosted by: Annie Boxer and Lauren Guiler

Matthew Richardson Trevor Sterling

## Further information

This is the second Resolution podcast episode of 2025 and it is a special YRes takeover featuring YRes National Committee members, Annie Boxer (Solicitor at the International Family Law Group LLP) and Lauren Guiler (Associate at Birketts). However, this episode can of course also be enjoyed by more senior Resolution members.

Annie and Lauren are joined by Matthew Richardson (Barrister at Coram Chambers) and Trevor Sterling (Senior Partner at Moore Barlow). In addition to being financial remedy practitioner, a mediator and a private FDR adjudicator Matthew has taken a leading role in developing and implementing his chambers' wellbeing programme. Matthew was named as the "Wellbeing Champion" at the Resolution awards in 2023. Whilst Trevor is not a family lawyer, his work as head



of the major trauma team means that he is regularly exposed to extreme client situations and helping those most in need. Trevor has an extraordinary passion for helping the next generation and creating a movement of “ladder builders”.

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Listen to **Season 4 - Episode 6** podcast link here: <https://resolution.org.uk/podcast/>

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