

Episode 43: Guest bios

Episode name: Coaching and Career Planning for Lawyers

Guest(s): Dimity Brown

DIMITY BROWN

Executive Coach

Dimity is a lawyer and executive coach to lawyers. Having worked in Australia's largest commercial law firms for nearly 20 years, Dimity understands the pressures and the challenges faced by those in the law. Dimity uses her experience and evidence based coaching methods to help clients:

- Prevent burnout
- Deal with difficult personalities or situations
- Clarify and distil their thinking
- Make sustainable, values-based decisions in their career and their life
- Be motivated to achieve their goals
- Flourish and lead in a sustainable and fulfilling way

In addition to one-on-one coaching, Dimity also offers small group coaching and workshops covering topics of direct relevance to lawyers and their wellbeing.

DAVID TURNER

Host

David Turner has a gift for teasing out people's stories, so it's no wonder he is Hearsay's host. With a double Bachelor of Arts and Laws from Macquarie University, he is also an MBA candidate at UNSW's Australian Graduate School of Management.

When he isn't interviewing people on Hearsay, David is a lawyer at Assured Legal Solutions, a boutique financial services law firm located in Sydney's CBD. Prior to joining Assured, he was called to the NSW Bar, and is a former President of NSW Young Lawyers and a former Councillor of the Law Society of NSW.

David spends the little downtime that he has left reading historical fiction and tinkering on home improvement projects.

You can access David's bio on the Assured Legal Solutions website [here](#).