Sophia Hart

Call: 2022

Sophia Hart joined Chambers as a civil law pupil in September 2025. During pupillage, she developed a busy civil practice, with instructions in small claims, fast track and multi-track cases, including applications and interlocutory hearings, as well as advisory and drafting work.

Before commencing pupillage, Sophia worked as a litigation paralegal at a London law firm, assisting on a variety of civil and commercial matters. She gained particular experience in energy-sector construction disputes, property litigation, employment and insolvency. Her work frequently involved preparing pleadings and written advice in complex multi-track proceedings, including injunction applications and cross-border disputes.

Previously, Sophia volunteered as an Adviser at Citizens Advice Brighton & Hove, supporting individuals with consumer, housing, debt and family law issues.

Sophia also holds specialist qualifications in alternative dispute resolution.

Awards

- Middle Temple Certificate of Honour (2023 – for academic achievement during the BTC).
- 1 Crown Office Row Award for the final year family law student demonstrating strong academic achievement (2021, LLB).
- Oxford University Press Prize for the best performing LLB (Hons) student (2020).
- Incorporated Council of Law Reporting Award for the best performing LLB (Hons) student in the Moot module (2020, LLB).
- DMH Stallard Award for the best performing LLB (Hons) student in the Law of Torts module (2019, LLB).

Education

- Diploma in Digital Dispute Resolution (DDRS), ADR ODR International (September 2024), comprising accreditation as a Civil/Commercial Mediator, Associate Arbitrator, and courses in Negotiation, Online Dispute Resolution, and AI

- Bar Training Course at BPP, Distinction (1 Sep 2021- 3 Jun 2022),
- Law LLB (Hons) at the University of Brighton, First Class Honours (24 Sep 2018 to 11 June 2021)