



Rescue
Recovery
Renewal

Training Academy

The Mentor Portfolio



Selecting your mentor

The following slides contain R3's portfolio of Mentors

They will each have their photo and a short biography highlighting their areas of expertise, where they can meet in person, and soft skills they can providing coaching in.

When you have made your decision, please email us at R3 to confirm who you would like to be your Mentor, at:

training@r3.org.uk

Aziz Abdul

I am a Legal Director in the Restructuring team at Addleshaw Goddard LLP. Previously, I trained at an international city firm before working as counsel at a US firm. I advise on a broad and eclectic range of insolvency and restructuring matters, with a focus on contentious work.

Based in London, I am available for meetings either virtually or in person at a central location.

I've been very lucky to have excellent mentors who've helped me at key moments in my career. I know the difference it makes to have a trusted person to talk things through with, and I'm keen to offer that same support to others.



Jessica Barker

I am an Associate Director and Licensed Insolvency Practitioner (Appointment-Taking, Corporate only) at Xeinaidin Corporate Recovery. I am based in Manchester City Centre when working from the office and live in Runcorn, so I am happy to meet in either location or via Teams if preferable. I work a four-day week and therefore generally unavailable for meetings on Fridays.

My professional career began in the legal sector while completing my law degree, before I transitioned into insolvency and joined a boutique insolvency practice in 2019. Since then, I have developed broad experience across corporate insolvency, managing teams and portfolios of a mixture of cases, and supporting businesses and charities facing financial challenges.

In July 2025, while on maternity leave, I obtained my corporate insolvency appointment-taking licence. I now lead a wide range of corporate insolvency appointments, including solvent and insolvent liquidations and administrations, while also providing early-stage advice.

I am passionate about supporting the next generation of insolvency professionals. I currently Chair the R3 North-West New Professionals Committee and the R3 National New Professionals Steering Group, representing the views of new professionals across the profession.

As a mentor, I bring not only the experience I have gathered but also a practical perspective on balancing career progression with family life. As noted above, I returned from maternity leave into my first appointment-taking role, navigating the challenges of developing my career, maintaining professional networks, and raising a young daughter. I understand the demand/ juggle, and I am therefore passionate about supporting others as they build confidence, overcome challenges, and achieve their professional goals. I was lucky to have an amazing mentor early on in my career and am keen to try and be that for someone else.

I sat CPI in 2020 and the Corporate JIEB paper in 2023. I can therefore also offer support/ guidance/ tips in relation to sitting these papers.



Carly Barrington

Job title – Manager in the Turnaround, Restructuring and Insolvency team

Organisation – James Cowper Kreston

Career history

I “fell” into a career in insolvency almost 20 years ago, working for a top 10 firm after leaving sixth form with just A levels. I then moved to a top 40 firm where I studied and passed the CPI. I spent 6 years at 2 “big four” firms in London with 4 years in the Restructuring Services team at Deloitte working on some high-profile trading Administrations including retailers such as Comet Group, Blockbuster and HMV. Followed by 2 years at PwC in the Insolvency Management Team working on the Administrations of Lehman Brothers and the UK’s largest Liquidation, Carillion PLC.

I have been at James Cowper Kreston for 3 years where I have worked on a range of corporate insolvencies including running 30 caravan parks in Administration. I am one of the firm’s Mental Health First Aiders, People Manager to two junior staff and informal mentor to others. I also sit on R3’s London & South East Womens Group where we organise events on behalf of R3.

Location – City of London (but live in Essex and happy to meet in Essex too)

Soft skills – Networking, coaching junior members of staff and ways to prioritise and take ownership of tasks.



Caleb Bompas

I am an Associate Director at Manolete Partners - a litigation and claims acquisition company specialising in insolvency litigation.

I am a lawyer by training. I spent over a decade at Stephenson Harwood LLP, where I was a Managing Associate and developed a broad practice spanning personal and corporate insolvency, commercial litigation (including a specialism in Art law).

In 2023, I made the move from private practice and joined Manolete. It is a bit of hybrid role that balances aspects of private practice and being in-house. I specialise in identifying, acquiring, and running insolvency claims (whilst juggling the demands of having a young family).

I am an active member of R3, sitting on the LASER Committee and the Southern Forum Committee, and I regularly present at industry events.

Understanding the pressures faced by those at the start and middle of their careers, I want to offer my support in the form of mentoring or just a relaxed discussion. I would be happy to discuss and offer guidance on presenting and public speaking; networking and relationship-building; having difficult conversations; time and priority management; building a personal brand; and managing work-life pressures. I can also provide insight for those considering a move into litigation funding or exploring opportunities outside of private practice.

Location: Based in Central London – often in Holborn, the City and Marylebone – happy to meet in person or online.

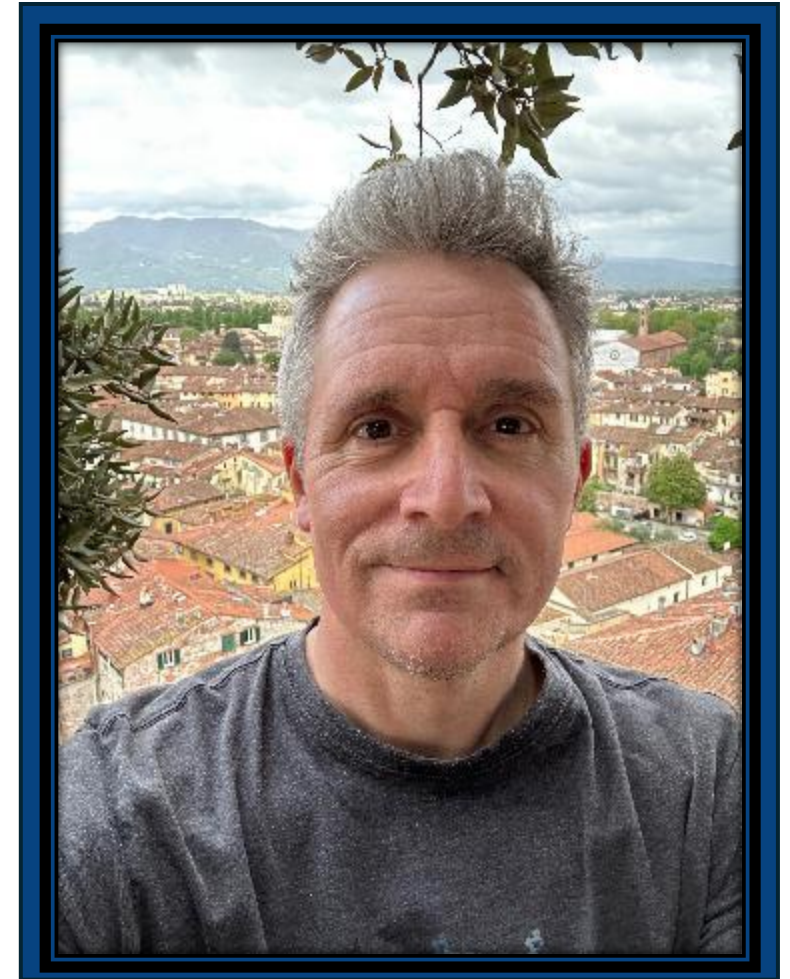


Dave Bridge

I'm an Associate Director at S&W Partners in Bristol and a licensed insolvency practitioner, specialising in personal insolvency matters.

I transitioned into the insolvency and restructuring profession around 15 years ago, following a career in insurance and pensions. It's a move that proves it's never too late to embrace a new challenge. During this time, I've worked across both boutique firms and large professional services environments, including a 17-year tenure at KPMG. This breadth of experience has given me a well-rounded perspective on how financial services organisations operate.

As a father to two teenagers, I've honed my skills in diplomacy and conflict resolution—abilities that serve me well both at home and in the workplace. I'm passionate about building strong, meaningful relationships and am looking forward to mentoring others on networking and professional development within the industry.



Dorothy Brown

I am based in Bournemouth and I am a practising IP in a small director owned Company.

I commenced working in Insolvency in 1986, so I was there for the inception of the Act, at the Official Receiver's office in London. I then began working for Coopers and Lybrand, which eventually morphed into PwC. In all I was with them for 15 ½ years. With them I passed my CPI and JIEB.

Whilst at PwC in London, I helped to develop the IVA practice, whilst working on corporate insolvencies. I moved to their Bournemouth office in 2000 and worked exclusively on back office corporate work. I have worked on liquidations such as Enron and The Ostrich Farming Corporation.

I then took a partial career break to take a degree in Counselling. During that time, I worked with McCambridge Duffy in Derry, on their IVA practice. I became a licensed IP with them in 2005 and started taking appointments, as Nominee and Supervisor. When I left that position, I had a portfolio of over 700 cases.

Due to a change in McCambridge Duffy's structure, I then commenced working for the Frost Group, setting up their south coast office in Bournemouth. I worked with them for 5 years. Here I was taking appointments on a mixture of corporate and personal cases.

In 2014 I set up the insolvency practice of Even Keel and I have led the team here for the past 11 years. Again, there is a mixture of corporate and personal work. I have grown the business from 2 people, to soon to be 8 people. We have recently taken on our third IP. In the local area, I am known for carrying out personal insolvency work.

I have completed a fair number of presentations and have a good experience of networking in the local business community.

My counselling training has helped me with the difficult times, both personally and professionally in the last 20 years and I approach my work in an holistic way.



Geoff Carton-Kelly

Undertaking insolvency assignments since 1983. Licenced Insolvency Practitioner since 1993. Taking appointments since 1998.

Significant experience in project managing complex and international insolvencies as office holder and principal adviser.

Acted as office holder in hundreds of Liquidations, Receiverships, Administrations and Bankruptcies in the UK as well as Ireland, BVI, Cayman Islands and Gibraltar.

Baker Tilly: (RSM) 1998 - 2013

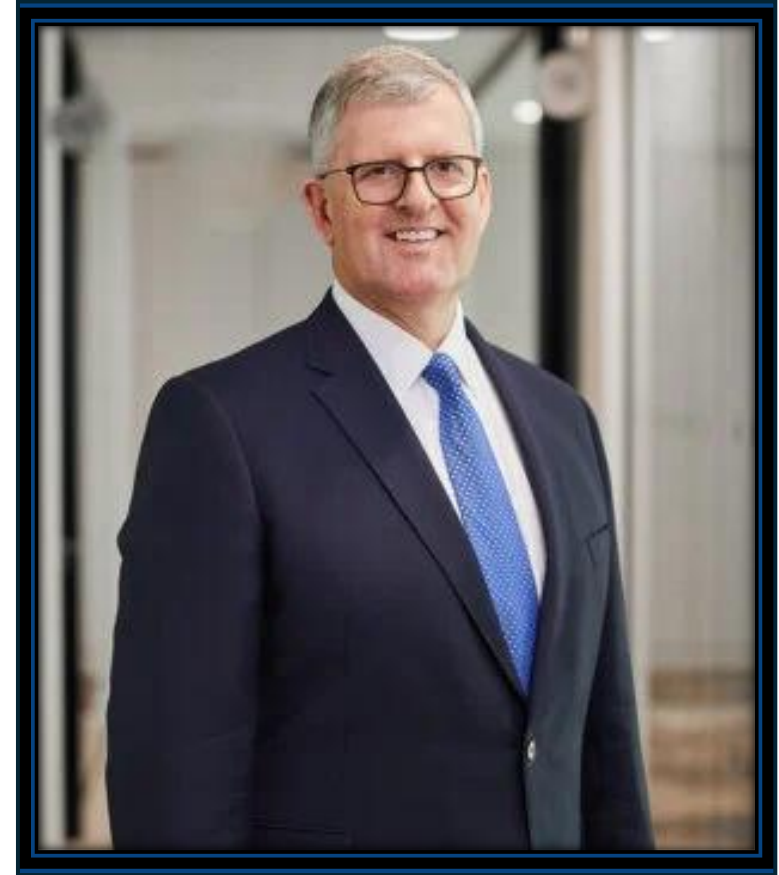
- Office lead – Guildford - team of 10 (1998-2004)
- Chairman of Business Recovery – national team of 200+ (2004-2013)
- Partnership Council Member (2008-2013)

FRP: 2013 - present

- London office Lead Partner – team of 100+ (2015-2020)
- Co-head of Contentious Insolvency – team of 15 (2013-2024)

Soft skills offered:

Networking, Negotiating, Interviewing, Presenting



Caroline Clark

I am an insolvency practitioner with sufficient experience to remember the excitement of the introduction of the Insolvency Act 1986. During my career I have been involved in insolvency case work to senior manager level with responsibility for my own portfolio of cases, passing the JIEB exams in 1989. I have specialised in compliance more recently, working for JIMU and with national roles for insolvency compliance. In 2011 I set up RMCSC, a company that provides compliance services to insolvency practitioners, now including anti money laundering compliance as well as insolvency compliance.

I have always been involved in skills beyond those of an insolvency practitioner and I graduated from Birmingham University in 1999 with an MBA. This gives me a wider understanding of the demands of professional qualifications and of management. I have trained to be a mediator and I enjoy working with RMCSC's clients to assist them achieve the standards expected of qualified professionals.

Soft skills are as important as a professional qualification but are rarely given the same importance when it comes to training. I can provide support and guidance to a mentee learning about networking, getting on with members of the team, learning how to recognise the difference between personal criticism and feedback from a stressed out manager, planning career changes and other such situations. I will almost certainly have been there myself.

I am based in London and I would be prepared to meet a mentee in person in the West End, central London or the City. Teams meetings can also be arranged.



Paul Davies

I am a Turnaround, Restructuring and Insolvency Partner who joined James Cowper Kreston in December 2020. My particular focus is on turnaround and restructuring and I am the former President of the Turnaround Management Association UK (TMA) as well as being a Board member from January 2018 until December 2024. I was named Turnaround Professional of the Year at the 2017 TRI Awards and am also a qualified insolvency practitioner (IP), licensed by the ICAEW to accept formal insolvency appointments in the UK.

I have operated in restructuring and insolvency for over 25 years and my role incorporates debt advisory (particularly the alternative finance market), accelerated M&A, Board advisory, business reviews and stakeholder negotiations as well as formal insolvency. I specialise in the real estate market and recent assignments include trading hotels, caravan parks and student accommodation as well as dealing with large commercial real estate.

I mentor both internally and externally to a solicitor and an IP already and can add insight to the insolvency market using my experience within the market having not become an insolvency practitioner by the more usual routes having not attended University and made the move from the regional market to London.



Justin Dione

Justin Dione is an experienced insolvency professional with over 25 years' experience, this includes 10 years at a senior leadership level. Justin is director of Official Receiver Services for the Insolvency Service, a public sector body charged with administering bankruptcies and companies in liquidation. As director, he has responsibility for 640 staff, over 10 UK locations. He is a member of the Insolvency Service's executive committee, overseeing an organisation of nearly 2,000 people.

Justin has also held office as Official Receiver, liquidator and trustee, for Southend, London and Public Interest Unit. He is a qualified accountant (ACCA) and Insolvency Practitioner (JIEB). He has had the privilege of working on the UK's largest and most challenging liquidations, including Carillon, Thomas Cook and British Steel. Justin is based in London and the South-East but is frequently travelling to other areas of the country.

Justin's soft skills include:

- Senior and strategic leadership, with Board level experience
- Public speaking
- Relationship building
- Examination techniques
- Excellent communication skills
- Promotion and climbing the corporate ladder
- Mentoring experience



Louise Durkan

I am a Partner in our UK TRS team and has significant experience of working with a broad range of stakeholders including public and private organisations, chairs & c-suite, investors, PE, private shareholders, lender and trustees.

Typical projects include analysis of options, accelerated mandates, business disposals strategies as part of our wider performance improvement projects, as well as advising on turnaround and restructuring strategies

I have over 25 years' experience of working with multi-national corporates, mid-market privately owned businesses and private equity, across a variety of industries and sectors including not for profit. My clients benefit from my extensive experience of advising stakeholders in stressed and distressed situations (principally corporates, directors, lenders and PE) and in assessing their options and then implementing the optimal solution.

I am JIEB qualified and a licensed insolvency practitioner. I am also a national council member for R3, the Association of Recovery Professionals which is the trade body for the UK's restructuring profession.

I can support with development of various key soft skills crucial for professional success such as enhancing communication skills, presenting and public speaking, networking, building your personal brand, career development conversations and dealing with difficult conversations in the workplace.

I work in both our London and Bristol offices and can meet in person in either location or virtually if preferred.



Sophia Harrison

Sophia is a national partner in Addleshaw Goddard's Restructuring team specialising in contentious insolvency and asset recovery. She has extensive experience in insolvency litigation, restructuring plans, schemes of arrangement, asset recovery and injunctive relief, fraud, claims relating to directors' duties and transactions prior to insolvency, complex cross border-litigation, international recognition and enforcement.

Sophia is dual qualified as a Scottish solicitor and English barrister. She spent a number of years working as a lawyer in commercial and insolvency litigation in Guernsey and Cayman before returning to the UK to practice.



Jane Henderson

My name is Jane, I am a Senior Associate Solicitor at Thrings LLP. I live and work in Bristol and I am happy to meet in person in Bristol (ideally city centre) and/or on Teams.

I originally qualified in Scottish law and, driven by my interest in contentious work, took an NQ role in contentious insolvency – despite not fully knowing what to expect! Fortunately, I discovered a real passion for the field and loved the job. After 13 years in Scotland, my English roots called me back and, in 2017, I moved to Bristol. I took a job litigating professional negligence and breach of contract claims, which, whilst interesting and a good introduction to the CPR, mainly served to cement my interest in insolvency law.

In 2019 I requalified as an English solicitor and returned to insolvency in a role at Clarke Willmott where, among other things, I investigated and pursued antecedent transactions, unlawful dividends and outstanding directors loan accounts. At Thrings, I specialise in insolvency disputes and litigation, acting for both claimants and defendants as well as providing advice and assistance to a range of those affected by any form of insolvency or restructuring. I also have experience with non-contentious insolvency and restructuring matters.

I am actively involved in the Bristol insolvency community and sit on the R3 South West & Wales Ladies Committee. Outside of work, I enjoy keeping active - climbing, running, cycling and the gym – and take every opportunity to go scuba diving (in warm water!).

I may not be the most qualified or experienced R3 mentor, but I am enthusiastic about guiding and supporting a mentee as they develop their own path. I am keen to share the knowledge and experience I've gained over 11 years in practice, and I'm happy to help developing skills such as effective communication, networking, and handling difficult conversations—including giving clients bad news and discussing billing.



Jude Howson

Judith is JIEB and CPI qualified with 29 years' experience in Restructuring and Insolvency and is also a certified accountant. Judith gained her insolvency licence in 2024. Judith has worked for AAB (formerly French Duncan LLP) for 10 years, prior to that she worked at Deloitte for 9 years and before that she trained at Buchler Phillips which became Kroll Zolfo Cooper. During her years with Buchler Phillips she also spent on year on secondment with Ferrier Hodgson in Australia.

For around 10 years Judith also delivered CPI and JIE training to Scotland as part of the BBP/ICAS partnership.

Based in Glasgow, Judith runs a portfolio of corporate and personal insolvency appointments. In addition, she is responsible for the departments compliance and training and is a deputy Money Reporting Officer.

Judith is also a member of the R3 Scotland Committee and a member of R3 Small Practices Group for the Association of Business Recovery Professionals (R3).

Whether it be a company director or individual who needs expert insolvency advice, Judith takes time to listen and understand the issues so that the optimal solution is always offered. Judith also provides advice to accountants, creditors and solicitors. When dealing with insolvency cases, she ensures a thorough investigation is conducted so that maximum recoveries are achieved, and appropriate actions taken to enhance potential returns to creditors.

Over her career, Judith has undertaken various mentoring roles. She has mentored incoming graduates and trainees. She has offered pro bono mentoring to businesses supported through charities such as the PSYBT (now The Kings Trust in Scotland) and also undertook specialist training in order to be able to offer mentoring to school children, which she did for many years whilst she worked at Deloitte contributing to the Corporate Social Responsibility volunteering programme.

In her spare time Judith also completed a Life Coaching course.

Judith feels very passionately about being a strong, resilient leader and imparting her knowledge and experience to others in her team and the wider profession and see the opportunity to offer herself as a mentor for R3 to be an amazing, rewarding and exciting opportunity. Jude would be happy to mentor someone in Scotland and works across the central belt, regularly in Edinburgh and Glasgow or the north of England as she regularly travels to Leeds where she has been tasked with growing the presence of AAB's restructuring offering. Judith could also attend Aberdeen as AAB have offices there too.



Gareth Hunt

Licensed Insolvency Practitioner and Head of Business Recovery at Royce Peeling Green Limited ("RPG")

Location: City Centre Manchester, happy to meet in surrounding areas and St Asaph in North Wales

I, seemingly like so many others, fell into my career in Insolvency in 2005. Whilst I had studied a financial degree at university this wasn't a planned career path and I am not a trained accountant by background.

My first role was as an administrator within an Insolvency Practice dealing mainly with personal insolvency cases. I remained predominantly dealing with personal insolvency matters with some corporate work until 2012. I subsequently moved to a small firm to work as an administrator dealing mainly with corporate insolvency matters.

I sat and passed my CPI exam in June 2014 and then the 3 JIEB papers the following year. I initially obtained a non-appointment taking insolvency licence in 2017, this allowed me to gain valuable experience prior to taking the next step. I later switched to a full licence in 2018 and began taking appointments for both corporate and personal insolvency cases.

I have a wide range of experience and have worked on a variety of assignments including formal insolvency appointments and providing advice. The experience I have gained over the course of my career has helped me develop the interpersonal skills which are essential in dealing with people in difficult situations and having the confidence to make decisions.

I joined RPG in March 2021, working alongside two insolvency practitioners who also have a vast experience within the industry. My role entails all elements of business development/work winning, managing a team of 9 people and acting as an Office Holder on all insolvency appointments.

My career has been spent predominantly working within smaller/boutique firms which has provided me with more day-to-day involvement in cases. Working within a small team allows more scope to shape the way the department and team develop and also to identify ways to improve processes.

I understand the benefits of having a development and mentoring structure in place. I am in the position now where I can and would like to help develop professionals within in the industry.



Stephen Hunt

I started at Griffins in 1991 at the age of 23. I became a partner in 2000 and I qualified as a Licensed Insolvency Practitioner in 2002.

I'm not a chartered accountant. Before insolvency I was in banking, sales repping, car sales, jewellery-making and banking again, all before wandering along to a job interview with Tim Griffin. He asked, "Why do you want to be in insolvency?" I replied, "I have no idea what it is but someone I know says I'd be good at it." The answer got me the job.

Two years later Tim and his wife were killed crossing the road and so the tiny firm of Griffins lost its principal and IP. I was one of the most senior members of staff with my two years of experience, but we muddled through and saved the firm.

In 1996 one of my bankruptcy files has a personal pension in it and none of the textbooks gave a clear answer about how it should be treated. I brought the case in the name of the IP and that was the Landau case which changed the law. After that I began causing Griffins to get into more legal fights and we began to play our part in changing the look of the profession.

As an IP, the day after I got my licence, my first appointment replaced another IP as Liquidator, and I then sued the directors for Wrongful Trading and succeeded in court. My career then continued down a litigious path with a heavy bias in fraud and misfeasance against directors and then against other IPs.

Griffins is now thriving and many of our former staff have gone on to key senior positions throughout the profession. With my team, I continue to explore the less-travelled corners of the legislation, and we debate the things we find in a weekly session.

In my lack of spare time, I have been Chairman of West Ham United Women and involved myself in programming and designing software for insolvency. While doing all the above, I find it no trouble at all to post on LinkedIn about all things insolvency.

I'm based just outside London but get all over the country quite regularly and am happy to meet anywhere. I am happy to chat about presenting, networking and careers in general. I've seen and survived all sorts and I hope I can help in some way.



Asma Iqbal

Asma Iqbal is a Partner in Insolvency and Litigation at Chadwick Lawrence Solicitors who are a multi discipline law firm with 9 offices around West Yorkshire. Asma was the first Muslim woman to enter the Insolvency world in her region and became the first Chair of the R3 Ladies Committee for West Yorkshire from an ethnic minority background.

Asma has won a number of awards for her exceptional work in EDI and has a commitment to mentorship of the next generation particularly to encourage diversity in the insolvency profession; given the lack of mentors and role models that looked like her when she entered the profession. As a role model and champion for diversity within the profession, she sits on the R3 EDI Steering Committee, the Insolvency Service EDI Committee and the INSOL International EDI Committee.

Asma is also called upon by organisations to sit on the Boards to help shape and deliver policies which help to bring about change in culture. She is the Deputy Business Advisor to the Mayor of West Yorkshire at West Yorkshire Combined Authority and is on the Business Board for the West Yorkshire Region. Asma is also assisting the FA and West Riding County FA to deliver objectives on EDI for grass roots football.

Asma can provide coaching and support around Business Development & Networking, LinkedIn social media profiles, Having difficult conversations and Time Management & Organisational skills. She is also able to support those returning to work after maternity, rebuilding and boosting confidence.



Orvedi Kalenga

My name is Orvedi, and I am a Trainee Solicitor at Morgan Phelps Solicitors. I joined the firm in 2022 after accomplishing my LPC and wishing to pursue a legal career as an insolvency litigator.

I am based in Birmingham, and I am happy to meet up in person in Birmingham or on Zoom.

I can provide coaching in respect of public speaking, time management and difficult workplace conversations.



Monica Kapur

Monica is a solicitor and Director at Isadore Goldman with significant experience advising on contentious insolvency matters. Her experience includes antecedent transactions, often involving misfeasance claims against directors, advising and acting in relation to bankruptcies and investigations being undertaken with a view to realising assets and pursuing claims for the benefit of the insolvent estate.

Aside from Insolvency Practitioners, Monica advises company directors regarding their duties where the company is either in or on the verge of an insolvency and also individuals faced with bankruptcy or litigation proposed by a trustee in bankruptcy. In recent years, Monica has developed a niche practice in cases concerning construction insolvency disputes predominantly acting for Insolvency Practitioners. This subsequently led to the development and launch of IG Construct – a bespoke, in-house, full-service solution for insolvency practitioners advising or appointed over insolvent construction companies. She has since seen a marked increase in construction related insolvency work which has led to an expansion of her work profile. Monica's technical expertise coupled with her natural flair for business building has earned her an excellent reputation in the legal market.

She works out of a London office but lives in Birmingham so is happy to meet in either location.

Her soft skills that she coaches in are networking and having difficult conversations.



Ailar King

I am a Director and Licensed Insolvency Practitioner at Interpath, based in London and the Thames Valley. I specialise in both personal and corporate insolvency appointments, with a particular focus on complex investigations, asset tracing, enforcement, and contentious matters. My experience spans a broad range of sectors and jurisdictions.

As co-chair of Interpath's gender equity network and a member of the R3 London and Southeast Women's Committee, I am a committed advocate for inclusion and diversity within the insolvency profession. Further, being a working mum, I understand the realities of balancing a demanding career with responsibilities outside of work and studies, and I am keen to help others navigate their own career path in a way that is both ambitious and sustainable.

I take a practical, honest, and straightforward approach to mentoring early-career professionals, supporting them in developing not only technical expertise but also the soft skills essential for long-term success—such as confidence-building, effective networking, time management, and proactive career planning. I look forward to offering support and perspective, and happy to meet either in person (London, Thames Valley) or virtually.



Brooke Kirkwood

As with many in our industry, I fell into the insolvency profession by pure accident, in fact at the outset I didn't know what 'insolvency' even meant.

I began my insolvency career in 2009 fresh from my A Levels and not really knowing what I wanted to do or where I saw myself in the next 2 years, let alone 10 years. After working at a boutique firm for 2 years, I decided that insolvency and restructuring was the career path for me and started researching opportunities available to broaden my experience.

I was successful in securing a role within the expanding Fraud and Insolvency Division at Grant Thornton in London. During this time I gained extensive experience and exposure to all types of different fraud and asset tracing cases, ranging from routine domestic matters to complex multi-jurisdictional assignments.

I moved to PKF Littlejohn Advisory in 2017 to gain further exposure to wider restructuring procedures and not just focussing on contentious insolvency. I now manage a team of around 20 people, with experience ranging from school-leavers to assistant manager level, whilst working on a large diverse portfolio of cases.

I have progressed from Snr Administrator to Manager at PKF and have also qualified as a Chartered Accountant. I am now in the process of undertaking my JIEB exams.

For career aspirations, I am very focussed on becoming the next qualified insolvency practitioner at PKF and obtaining my licence shortly thereafter. In the last few years, I have focused heavily on networking and building up my connections, along with increasing my technical knowledge and case experience, to assist me in achieving a successful future as an insolvency practitioner.

My locations are London and Essex.

My soft skills are: Networking, Confidence, Team Management, Time Management, Difficult conversations, Leadership



Katie Longstaff

I am a commercial barrister at Radcliffe Chambers, with particular emphasis on restructuring and insolvency work. I was called to the Bar in 2013. I worked at a tribunal in The Hague and as a consultant in the City before I decided to pursue a career as a barrister.

I am based in Lincoln's Inn, London and I am very happy to meet in person. Coaching wise, I can help with issues concerning presenting, networking and returning to work after a break (including maternity leave).



Ian McCulloch

Ian McCulloch is a Partner at Opus Restructuring LLP, based in Preston, Lancashire. With over two decades of experience in the insolvency and restructuring sector Ian has built a career advising businesses through periods of financial challenge and transformation. Prior to joining Opus in 2021, he held senior roles at Begbies Traynor Group, including Partner, and, as a licensed insolvency practitioner, began taking appointments in 2016.

Throughout his career, Ian has developed deep expertise in corporate insolvency, business recovery, and financial restructuring. In addition to technical knowledge, he brings a strong coaching focus on soft skills critical to professional success. These include networking effectively, having difficult conversations (both internally and externally) and the ability to work within and lead a team.

Ian is available for in-person meetings in Lancashire and the North West area.



Emma Mifsud

I am a licenced Insolvency Practitioner and Partner at Opus Restructuring LLP, based in the Leeds office. I have been an appointment taker since 2018 and specialise in corporate restructuring and insolvency, although started my career in personal insolvency.

I chose a career in insolvency, having initially wanting to be a lawyer and had obtained a law conversion following a Criminal Justice Studies degree at Leeds University. Since 2009 I have worked my way up from junior to partner/ appointment taker, primarily at smaller local firms before fulfilling my ultimate goal as Partner at Opus, a national firm.

My passion is helping people in difficult situations and problem solving, so insolvency is the right mix of this. I am also really into developing young talent and have enjoyed building the Leeds team at Opus with my fellow partner, and seeing our young team grow. There is nothing better than seeing a junior member of staff promoted through the ranks.

My strengths in my role are:

- Problem solving;
- Decision making;
- Ability to adapt in difficult situations and delivering information/advice; and
- Self management i.e. effective time management.

Both in work and in my personal time I just enjoy meeting people, learning about them and generally enjoying what ever is thrown at me. Plus I love to travel with my 5 year old all over the world when time permits and love a challenge. I am available to meet online or in person and happy to do a mix if preferred



Kelly Mitchell

I am a Managing Director and Founding Partner of Quantuma. My career in insolvency began at the age of 18, immediately after college. Throughout my 20s, I began my professional development journey by completing the AAT, CPI, ACCA, and JIEB qualifications. Notably, I sat two of my JIEB exams while pregnant (and passed!) demonstrating my determination and refusal to accept that something cannot be done.

My primary focus is corporate insolvency, with extensive experience in Administrations and Liquidations. I chose this profession because I am passionate about problem-solving and helping others. Many of our clients are in vulnerable situations and require empathetic support. Others may have engaged in misconduct, and I take satisfaction in uncovering wrongdoing and pursuing them accordingly.

Although the majority of my career has been spent within an insolvency practice, I took a five-year career break while my children were young. During this period, I remained professionally active by lecturing and mentoring CPI students with NTI. I really enjoyed helping people in the early stages of their career and sharing case stories to give context to the subjects they were learning.

I am based in Southampton, but I am frequently in London, and very happy to meet face to face or over Teams.



Sandra Mundy

I am a Partner at James Cowper Kreston, qualified as a Chartered Accountant, Certified Accountant, JIEB (appointment taker). I'm happy to meet in person in Southampton, London and the Thames Valley.

My journey began as an intern in Grant Thornton's insolvency team while studying a degree in Financial Services. After graduating, I returned to the team and spent 12 years there, qualifying as an accountant and passing JIEB. Seeking new challenges, I joined a boutique firm as a principal, but quickly becoming a director and shareholder. This is where I took my first appointment as a licensed insolvency practitioner. In my fourth year, we sold our practice to James Cowper Kreston, where I became a partner. For the past 16 years, I've enjoyed developing and growing the firm's turnaround, restructuring, and insolvency services, whilst collaborating with talented and engaging colleagues along the way

I primarily focus on corporate work, but I've also handled the occasional bankruptcy and IVA. I frequently take on roles as an administrator, including several trading administrations each year, and as a liquidator, predominantly for MVLs, though some CVLs as well. My passion lies in the technology and property sectors. My work in technology allows me to apply my turnaround skills, often helping clients navigate the choppy waters of potentially trading insolvently, whilst awaiting/ securing the next round of funding, without needing formal insolvency procedures.

Throughout my career, I've found ways to give back to the profession. In the early 2000s, I set up the R3 Southern Women's group, creating a supportive network for women in the industry. My commitment to the field continued as I served on the ICAEW's Restructuring group. Recently, I concluded two terms on the ICAEW's Appeal's Panel and have now become a member of the ICAEW's Regulatory Board. Additionally, I have a wealth of experience in mentoring, both within my own firm and externally, helping to guide and inspire the next generation of leaders.

Soft skill areas of experience: Career guidance,; Leadership skills and the art of persuasion; decision-making, problem-solving and evaluation; Building confidence, assertiveness, resilience and social skills; Networking and Business development; Delegation skills; Handling conflict, objections, challenges and difficult conversations, Study techniques.



Scott Murray

I am currently the Managing Director of Keenan CF, a specialist accountancy firm based in Belfast, Northern Ireland. Depending on where you are located I would be happy to meet up in person or online at times that are suitable for you.

My career started as a graduate Trainee in the Audit & Assurance department in Deloitte where I was fortunate to work with great people and clients. At the conclusion of my training contract I got the opportunity to transfer into Corporate Finance initially to work on M&A, due diligence and valuations but also expanding into some corporate insolvency assignments. I found this gave me great commercial experience in understanding how businesses worked and the factors that determined whether they were successful or not.

The CF Partner I worked for in Deloitte left and set up his own practice (Keenan CF) in 2008 and I joined the firm at the start of 2009. As a result of the Irish property crash the market opportunities lay in the restructuring space and that is where I started to then specialise. After a few years dealing with corporate administrations and receiverships, mainly in the property sector, I passed the JIEB exams in 2012 and became a Licensed IP to begin taking formal appointments. I took on responsibility for the Corporate Restructuring team within Keenan CF and helped to build our reputation in the local market through some high profile appointments.

In 2022 I then became an equity Partner in Keenan CF and appointed as Managing Director. In my current role I have responsibility for the day to day running of the firm and the development of our 4 service lines (Corporate Restructuring, Personal Insolvency, Corporate Finance Advisory and Forensic Accounting).

As part of being in a smaller firm I have good visibility around all aspects of the business including setting the firm vision and strategy, staff development, training, recruitment, marketing, Compliance, IT, HR and finances. At Keenan CF we have remained an independent, locally owned and managed firm which we believe gives us an advantage in competing to secure some of Northern Ireland's largest and most complex assignments.

Outside of work we have 4 children so I know what it's like trying to find a work life balance! I try to prioritise my family and be there for all the things that are important to them and manage my workload around that.

I believe that my experience and the roles I have held give me a good understanding on all aspects of the insolvency market and I would be delighted to help you in developing your career and achieving your strategic goals.



Richard Obank

I am a partner at BCLP and team leader for R&I based in our London office. I qualified as a solicitor in 1989 and have specialised in R&I ever since working at several different national, international and US law firms, both in the regions and in London. I am JIEB qualified and have held an insolvency licence with the ICAEW (non-appointment taking) since 1997.

I am a transactional lawyer with a focus on the corporate mid-market acting for a broad range of clients wherever financial distress looms. I have extremely wide transactional sector experience.

I am an R3 Fellow and a member of the organising committee for R3's annual conference. For the last two R3 annual conferences, I was instrumental (and privileged) in choosing and coaching the Classes of 2024 and 2025.

I am a board member of the Institute for Turnaround. I have experience of being a board director where there is a need to implement an operational turnaround and debt refinancing. I have experience of being a school governor at one of the UK's biggest independent schools.

I can support you with the development of various soft skills critical to professional and career development including negotiation skills, public speaking/presenting, networking, preparation for performance reviews, handling 'challenging' work situations and personal brand raising.

I am married with four adult children (3 daughters and a son) all working as professionals. This allows me to appreciate, first hand, the challenges faced by Millennials and Gen Z. I live in Leeds and Central London.

I am a passionate long-distance runner (who doesn't love a medal now and again?), love to ski, go to concerts (yes, got my Oasis tickets) and go to the theatre. I read about and listen to a lot of motivational speakers and have several favourites which have helped me over the years. You'll have to meet me to find out which ones!

I can meet in person if you like – probably best in London nearby BCLP. Or virtually. Your choice.



Cassy Onalaja

With 15 years in insolvency and 5 of those spent specialising in regulatory compliance, I bring a practical, insight driven approach to navigating complex insolvencies. My background spans corporate and personal insolvency, giving me a wide lens on the challenges and opportunities in the industry.

As a mentor, I'm here to offer honest guidance and support; whether you're exploring compliance, managing exams or finding your footing in the profession. I understand what it means to carve out space in this industry while staying true to who you are.

If you're looking for a grounded experience voice to help you build confidence and clarity in your journey. I would be happy to connect.



Phil Patterson

I am a barrister at Gatehouse Chambers in London, specialising in insolvency, civil fraud and commercial litigation. I qualified in 2008 and appear regularly in contentious insolvency litigation in the Insolvency and Companies Court as well as in Business and Property Court centres around the country.

I live in Kent with a young family. I have recent experience of parental leave and juggling work with a busy but fulfilling home life. I regularly attend conferences and events hosted by R3 as well as other providers both in the UK and overseas, where I have a particular focus on Caribbean jurisdictions.

I would be happy to discuss the opportunities and challenges these bring as well as offering advice on building and maintaining contacts within the industry. My practice has increasingly focused on insolvency work and I would be happy to discuss the pros and cons of insolvency work from the perspective of a barrister and can offer thoughts on how barristers might look to undertake more or a greater proportion of insolvency work as part of a mixed practice.

I would be happy to meet in Central London or in the West Kent area.



Mike Pavitt

LLP Partner, Solicitor, Head of Corporate Restructuring & Insolvency, Paris Smith LLP

Degree in Law with European Law (Nottingham, Utrecht).. Career spans 2 law firms (Blake Morgan (formerly Blake Lapthorn), Paris Smith – each for 14 years inc training),

Early career involved stints living and working in Netherlands and Belgium, international network

- 26 years post-qualification legal experience,
- 24 years specialising in insolvency law and practice,
- 19 years active Committee Member / Regional Chair / Council Member of R3
- 15 years as a Partner / Team Leader / Line Manager in legal practices with full-service offerings
- 10 years involved in direct supervision of trainee solicitors
- 6 years chairing Paris Smith's social committee
- currently heading up Paris Smith's in-house mentoring scheme
- highly ranked in Chambers and Legal 500 for Insolvency & Corporate Restructuring and Personal Insolvency UK-wide,
- experience working with IPs from most major and regional firms operating in Southern & Thames Valley region

South Hampshire / East Dorset – offices in central Southampton, Winchester and Bournemouth and happy to meet mentees in person at any of these locations or within 10 mile radius of any

Coaching in: Presentations / written advocacy, vocal projection / assertiveness, networking (inc social networking / LinkedIn), change management, managing career hiatus following trauma / bereavement



David Perkins

I am a Director/ Owner/ Licensed IP of Parker Andrews – a medium sized firm with five Ips supported by c.30 members of staff.

I trained at Baker Tilly and have been an appointment taker for 10 years now, the last eight of which have been spent with Parker Andrews.

My practice is comprised of most aspects of both corporate and personal work and I have been one of the firm's principal work winners for a number of years.

I head up the Kent office but reside in Sussex so meeting in Central London is easy enough to do.

Networking and having difficult workplace conversations are areas I have plenty of experience in from my work winning and board/ senior management roles. As an appointment taker and board member with quite a few years of experience, I feel I can help with most areas pertinent to progression in practising insolvency and running a business.



Matt Reeds

I recently joined Griffins as a non-appointment taking Insolvency Practitioner where I manage a team of four specialising in asset recoveries.

I have 27 years of experience in the insolvency and restructuring profession and I don't think that there are many circumstances that I haven't dealt with in my time. I enjoy problem solving, whether that be for a client in financial distress or an internal matter within my team/firm, whilst hopefully demonstrating a calm, empathetic, and professional approach.

Having worked in a remote role for several years, I'd like to think that I have soft skills in self-motivation, stress management, relationship building and in particular how to navigate juggling work, life and studying.

I live in Poole, Dorset and would happily travel approximately an hour or so to meet face to face with my mentee.

Outside of work, I live with my wife, our teenaged daughter and our rescue cat named Whisky! When I'm not being an IP, you'll find me in a dugout at weekends in my role as kitman for Poole Town Football Club!



Sara Shreeve

I have been working in the Restructuring and Insolvency sector for over 23 years working my way through from a trainee to my current position as a Senior Manager at FRP where I manage the team in Norwich.

With my career starting as a junior I have gained a great understanding of all roles and have helped shape the careers of many people in the industry, some who are now Licenced Insolvency Practitioners.

I specialise in voluntary liquidations (both solvent and insolvent) but have vast experience in all case types and statutory compliance matters. I also have in depth knowledge of the Money Laundering regulations and some tax matters in insolvency appointments.

I love sharing my knowledge and helping others progress their careers. I have knowledge of all training providers and materials and can help guide others in what suits them best.

My soft skills extend from networking, presenting training sessions and pushing yourself for career progression. In addition, I can help with daily issues such as dealing with difficult matters and conversations in the workplace.

I am open to meeting mentees over Teams calls and in person in the Norfolk area.



Chris Tate

I'm a Fellow Chartered Accountant and licensed Insolvency Practitioner with over 21 years experience in Restructuring and Insolvency. My career started in a one office independent IP firm which was latterly acquired by Begbies Traynor providing wider opportunities in the form of several internal secondments including the Channel Islands and the Advisory team in London. I then went on to work for Moore and currently head up the insolvency team at Azets in Southampton, both general accountancy practice firms.

I've worked on a wide portfolio of corporate and personal insolvency matters in various industries including construction, retail, leisure and manufacturing. I also specialise in solvent liquidations including group restructuring and simplification, and have undertaken varied general advisory assignments spanning due diligence, solvent disposals, investigations and Business Reviews for Banks and other Stakeholders.

I'm a member of the R3 Southern & Thames Valley committee and the Hampshire Chamber Professionals Services Committee. I enjoy playing football, motoring, film and spending time with my family in my spare time. Finally, having benefitted from mentoring throughout my career, I know first-hand the benefits it can bring and am a keen advocate for supporting the next generation of Restructuring and Insolvency professionals in their own journey



Dan Tominey

I am a solicitor at Francis Wilks & Jones specialising in contentious insolvency. FWJ is a boutique firm which focuses on insolvency & restructuring and commercial disputes.

I began my legal career in 2017 in the litigation team at a firm in Hertfordshire and took on a wide variety of work, and gradually increased my focus on insolvency work until joining FWJ in January 2024.

My firm's offices are close to Farringdon station but I am available to meet across London. I am equally happy to meet via MS Teams or other video conference.

I would be more than happy to discuss technical insolvency skills, the impacts of the economy on our sector or soft skills such as how to excel in your role in a way which is noticed by your firm's senior leaders.



Louise Williams

I am a licenced insolvency practitioner specialising in corporate restructuring, insolvent liquidations and also solvent liquidations. I am an Executive Partner at Opus Restructuring (“Opus”), working in Opus' Nottingham office, together with the rest of the Opus teams around the country.

I have worked with a broad range of business sizes from start-ups, to plcs, undertaking all types of corporate and personal insolvency work. Prior to Opus, I worked at a boutique insolvency firm for 4 years, where I first started taking appointments (I qualified in 2013) and prior to that, I was at RSM for 10 years until I became an Associate Director.

My specialisms/interests are organisational skills and networking.

