



"Sarah's approach was highly effective and yielded a very positive result"

"Sarah inhabits the role of mediator with thoughtfulness and an assured manner"

"Sarah was well prepared and worked effectively"

"Sarah was willing to challenge and did so in a gentle but firm manner"

Overview

Sarah Canning qualified as a solicitor in 1994 and became a Partner at Franklins Solicitors LLP in 1997. She specialises in dispute resolution and is experienced in all types of disputes involving individuals and corporate clients.

At the beginning of her legal career, Sarah specialised in traumatic injury claims and was recognised for her work as a member of the Law Society's Personal Injury Panel. In addition, she was acknowledged as being a specialist by Headway, a charity specialising in brain injury, the Child Brain Injury Trust and the Spinal Injuries Association. Sarah was secretary for the Northamptonshire Headway branch for many years and chaired the Northamptonshire Child Brain Injury Trust for over 8 years.

In 2004, Sarah became actively involved in the business community establishing the Young Directors Forum in the East Midlands region for the Institute Of Directors ("IoD"). She went on to chair the Northamptonshire branch of the IoD for a number of years and continues to be involved as a member of the IoD. Having assisted corporate clients including a well-known supermarket, motorsport suppliers to F1 teams, a top 5 accountancy firm, IT, manufacturing and engineering companies, Sarah has been asked to advise in a number of different areas.

In addition to familiarity with corporate commercial and charity sectors, Sarah is also experienced in dealing with educational bodies and local government. Sarah sat as an Independent Member of the University of Northampton's Audit Committee for 6 years and also as a Board Director of Northamptonshire Enterprise Partnership, a Local Enterprise Partnership. She continues her work

locally as a member of the Northamptonshire Business Activity Board for the South East Midlands Local Enterprise Partnership and has also sat on the Partnership Board for the Superfast Broadband Project in Northamptonshire in her IoD capacity.

2015 saw Sarah being recognised by Northamptonshire Law Society for her legal expertise and enthusiasm in supporting local business and she was named Solicitor of the Year.

Sarah is a dual accredited Mediator, (CEDR – Centre of Effective Dispute Resolution & School of Psychology and Psychotherapy, Regents University, London) and an accredited NLP Master Practitioner.

Practice areas

Sarah mediates in the following disciplines:

- Commercial contracts
- Company and shareholder disputes
- Commercial property construction and engineering
- Employment
- Franchising
- Inheritance and probate
- Intellectual property
- IT and software disputes
- Land and property claims
- Partnership disputes
- Personal injury
- Professional liability claims
- Trespass and nuisance
- Insurance
- Defamation
- Workplace and team disputes
- Sports connected disputes

Mediation Style

Sarah's style of mediation is calm and assured. She takes care to listen to the parties' needs and interests and her legal background and NLP skills assist her to pinpoint areas for exploration. This skilful coaching helps the parties find their own mutually acceptable way forward. Sarah's effective and efficient approach

enables her to gain the confidence of the parties throughout the mediation process.

Professional qualifications and affiliations

- Private practice litigation Solicitor, Partner and Head of Dispute Resolution at a well-established, Lexcel and ISO9001 accredited, Midlands law firm
- CEDR Accredited Mediator
- Accredited Mediator, Regent's University School of Psychology and Psychotherapy
- Member of the Institute of Directors (MIoD)
- Member of the Law Society of England and Wales
- Member of the Civil Mediation Council

Interests

Sarah enjoys most sports having studied law, business and sport to degree level. She has a particular interest in athletics, football and rugby and played indoor and outdoor hockey, squash, tennis and golf. She has driven several motor racing circuits and learnt to rally drive on ice in Norway. In addition, Sarah enjoys going to the theatre, reading, writing poetry, music and watching contemporary dance.

For further information: -

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