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After 8 years as a professional rugby union player in both Ireland and Australia, I now wish to move on from professional sport and focus on re-engaging in my legal career by securing a traineeship in Byrne Wallace. Currently living in Australia, I will arrive back to Dublin on the 27th of October.

Having been born in Australia to an Australian mother and Irish father, I was raised and educated in Ireland. I graduated from Belvedere College with 540 points out of a possible 600 in my leaving certificate. Academically, I received the Fogarty medal for French and the Keane medal for Classics. I was also Captain of the school's first XV rugby team and won the Leinster Schools Senior Cup. Following this, I was also selected for the Ireland under 19 team and was awarded the Bob O'Connell award for Rugby. I believe my academic and sporting achievements demonstrate my ability to manage both study and recreation, whilst also showing a high standard of efficiency and time management.

Since 2013 I have temporarily been focusing on professional rugby in Ireland and Australia but now wish to switch my focus back to my legal career. I have maintained an interest in the law since I have been playing professional rugby and I am currently preparing for the FE1 examinations.

Throughout my studies of law and in my later professional career I have developed a real interest in corporate law particularly in areas such as commercial litigation and intellectual property. A corporate law firm is the ideal place to gain the experience required to further my career in this area and Byrne Wallace is consistently regarded as a leader in the area of corporate law. Therefore Byrne Wallace was the ideal choice.

 I am attracted by the impressive multinational client list, the wide array of sectors that the firm operates in and the range of expertise the firm provides to clients. I know that the firm offers a top class trainee programme that would provide me with experience in diverse areas of law and I believe the experience and knowledge I could gain here would be invaluable to me. From my research of the different firms and having spoken to people involved in the firm, I believe the dynamics and collegiate atmosphere in the firm are highly suited to my personality.

It is my opinion that my skillset would be well suited to the Byrne Wallace trainee programme. I have developed both a theoretical and practical knowledge of law through my academic studies. I have demonstrated an ability to balance different workstreams and prioritise demanding tasks by completing my degree and pursuing a professional rugby at the same time. My continuing pursuit of a professional sports career in the face of adversity shows my commitment to a goal. I have also been a member of numerous successful sports teams which show my ability to work effectively in a group environment. I believe all of the above skills are hugely transferrable to a career in a corporate law firm where the work is challenging and varied and the ability to manage time and demands while producing excellent results is critical.

It is my opinion that my work experience in a professional rugby environment gives me a unique point of difference. Such a high pressure environment, where your behaviour and actions are analysed under intense scrutiny, creates a unique standard of accountability which would be hard to replicate in other working environments. In addition to this when a group of in excess of 45 staff are working towards a clear collective goal (winning rugby games, trophies) it helps you to acquire a high standard people skills and management and it is this team work aspect of a large corporate firm which I find highly attractive.