



Helen Dallimore

Helen joined byrne-dean in 2020, having spent eighteen years as an employment lawyer, initially with Linklaters then with Osborne Clarke and she also spent time in house at an investment bank. Before starting with byrne-dean Helen was a Managing Associate at Foot Anstey where she also acted as a professional support lawyer and knowledge manager. Helen now uses her experience of advising on employment issues and litigating disputes to help managers and organisations reduce risk through driving engagement.

Helen is passionate about the aim of creating kinder, fairer, more productive workplaces and uses her professional and personal experience in the sessions she delivers. As a facilitator Helen's style is warm and personable. She is experienced in delivering small group sessions as well as large scale broadcasts and works with clients across a range of sectors including financial services, law and charities. She works closely with clients to design sessions to fit their needs. Helen likes to connect with participants and ensure that they feel comfortable to share their experiences and views.

Helen delivers training to leaders and staff across the world and, having worked for international organisations, lived and worked in Japan and travelled extensively, she has practical experience of global employment issues and cultural nuances in workplaces.

Experience

Employment law – Helen draws on her experience as a solicitor of advising a range of clients on all aspects of people management including redundancies, grievances, disciplinaries and performance management as well as restructures and TUPE transfers. She also has extensive experience of litigating and managing complex discrimination, harassment and whistleblowing cases.

Training design and facilitation – Helen has designed and delivered a range of training including: working with respect, managing people risk, managing offshore and

remote teams, employee consultation and supporting working parents and carers.

Digital and online training – Helen has helped design effective and engaging sessions. She is part of the team creating digital learning and uses our in-house software, Articulate.

Mental health – Helen has a good insight into mental health issues and what we need to be able to thrive and be our best. As well as working on a number of claims involving mental health issues, Helen has personal experience of generalised anxiety disorder and has attended courses on managing anxiety in children including parent led CBT.

Qualifications

University of Bristol

Niigata University (Monbusho scholarship)

Nottingham Law school