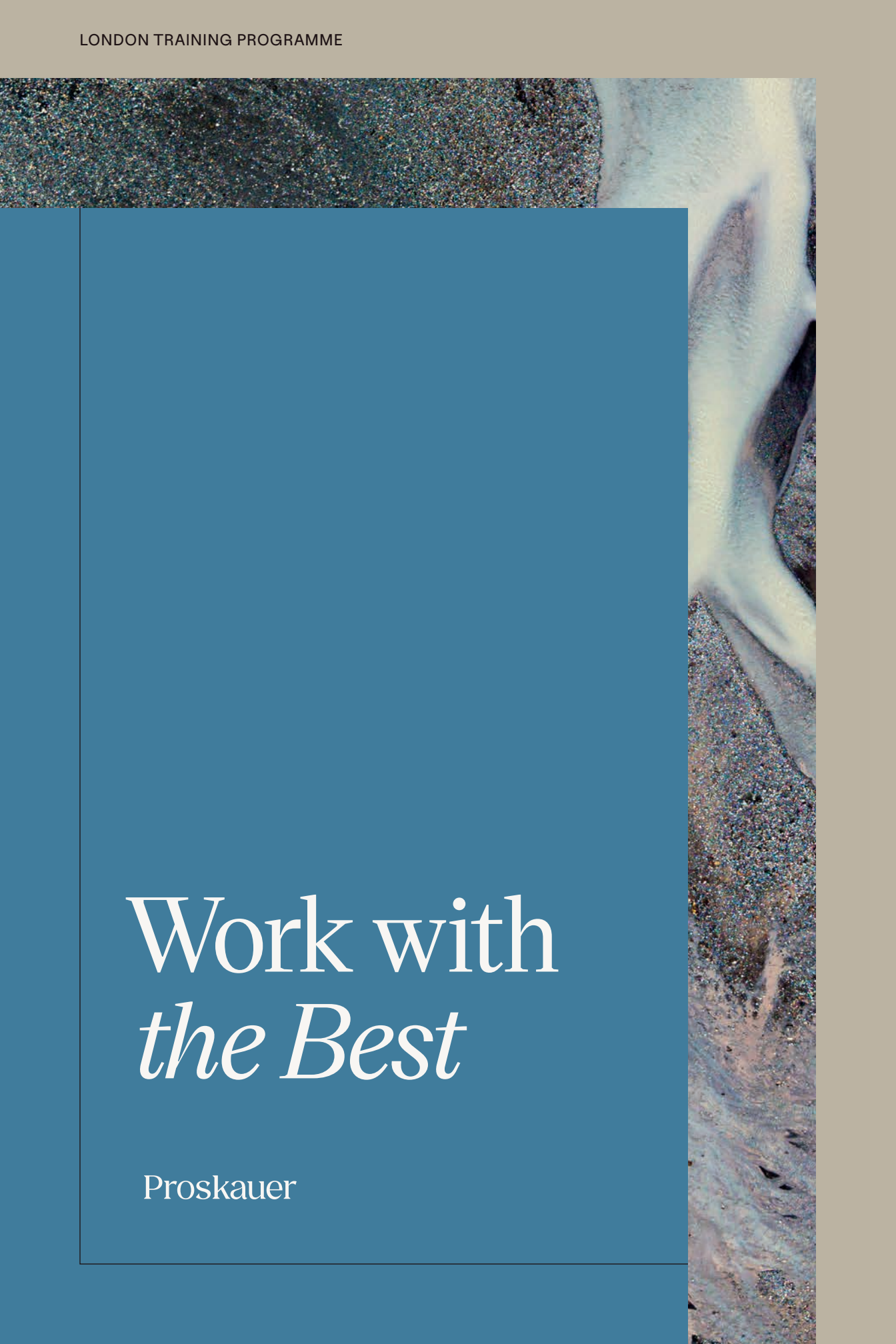




Work with *the Best*

Proskauer

Welcome to Proskauer!

In the following pages we hope to give you a sense of what life is like in our London office and what you could expect from a training contract with us. You will hear about our private capital focus, our core practice groups, our training and development programmes, our inclusion networks, and our community and pro bono initiatives.

We aim to train and develop not just excellent lawyers but true sector experts, able to help clients seamlessly navigate every legal, regulatory, and commercial challenge their businesses face, and to do so in a way that puts people and relationships first. In return, we expect trainees to be proactive, intellectually curious, and collegiate, taking responsibility for their development, their work, and their relationships.

If this appeals, then we look forward to seeing your application.



Dorothy Murray
Partner and London Training Principal



A Great Future Needs a Great Start

At Proskauer, you'll join a Firm built on hard work, mutual respect, integrity, and an unwavering commitment to clients. We encourage our lawyers to carve their own path, explore what interests them, take ownership, and contribute from the start.

Our more than 900+ lawyers work as one connected global team across key financial centres. We bring together the right people, insight, and technology to advise leading businesses on complex, high-stakes matters — and bring the same collaborative spirit to our pro bono work and communities.

During your training contract, you'll complete four six-month seats. At least two will be in our three core practice areas of M&A, Private Funds, and Private Credit and Leveraged Finance, alongside the opportunity to experience other practice areas. Our tailored induction programme ensures you hit the ground running in your first seat. Trainees are assigned a supervisor and an associate mentor for each seat, as well as a partner mentor to guide them through the two years. In addition to matter work, trainees are included in all department activities, including training, business development, and social events.

When you join Proskauer, you join a team built on focus, insight, and partnership — one that gives you the platform to build a career as ambitious as the clients we serve.

What We Do

We advise the world’s leading asset managers, financial institutions, public and private companies, and business innovators across a full spectrum of transactional, regulatory, tax, and contentious matters. Our work is informed by extensive experience with the investors, lenders, and institutions shaping today’s capital markets.

Proskauer opened its doors in London in 2007 and is now the Firm’s second-largest office.

London Focus Areas

Private Investment Funds

We advise private funds, sponsors, and management companies across the full fund life cycle. Our work spans buyout, secondaries, growth, venture, credit, real assets, fund of funds, hedge, and hybrid strategies, providing clients with insight into market terms and conditions.

Global Finance

We advise lenders, borrowers, and investors across debt markets, including leveraged lending, fund finance, corporate finance, restructurings, investment-grade and commercial lending, structured products, and specialty financings. Our work for lenders and borrowers brings practical insight into critical deal points from every angle.

Private Equity Transactions

We advise on high-profile private equity transactions, from buyouts and minority investments to divestitures and strategic transactions. Closing more than 100 deals each year, we help clients execute middle-market and large-cap transactions across London, Paris, and the United States, including transatlantic mandates, public and private M&A, joint ventures, and special situations.

Litigation

Our London disputes lawyers act for fund and asset managers, investors, and portfolio companies on complex, high-value private capital matters. Their work spans fund and shareholder disputes, joint venture matters, restrictive covenants, team moves, defamation, intellectual property and technology disputes, and international arbitration. Across jurisdictions, we help clients resolve disputes, protect value, and move forward.

Tax & Regulatory

We advise fund and asset managers throughout the investment life cycle. Our tax lawyers collaborate with U.S. colleagues on fund formation, secondaries, fund-backed M&A, and financings. Our London and Paris regulatory lawyers advise on UK and EU financial services regulation and ESG. Together, we help clients structure investments and navigate evolving requirements.

AI & Innovation

We advance legal service delivery by combining our lawyers’ judgment with artificial intelligence, automation, and redesigned processes, helping clients manage complexity with greater clarity, consistency, and speed. Built through live client work, our lawyer-led model strengthens collaboration while keeping accountability and trusted advice at the heart of every engagement.

SECTOR FOCUS

Asset Management

Financial Services

Health Care & Life Sciences

Hospitality, Gaming & Leisure

Infrastructure

Media & Entertainment

Private Equity

Real Assets

Sports

Technology

FIRMWIDE

One of the most digital firms

Financial Times Innovative Lawyers

One of the most admired law firms to work for

Los Angeles Business Journal

72 Top-Tier Practices and 156 Lawyers Ranked Chambers 2026

58 Practices and 200 Lawyers Recognised in The Legal 500

900+ Lawyers

\$1.5B+ in annual revenue

PROSKAUER IN LONDON

200+ Lawyers in London

320+ Total professionals in London

SELECT CLIENTS



APOLLO

ARDIAN



Blackstone



DIGITALBRIDGE

Goldman Sachs

HENRY SCHEIN®

Hg

KKR



Meta

The Metropolitan Opera



The New York Times



SANDOZ A Novartis Division

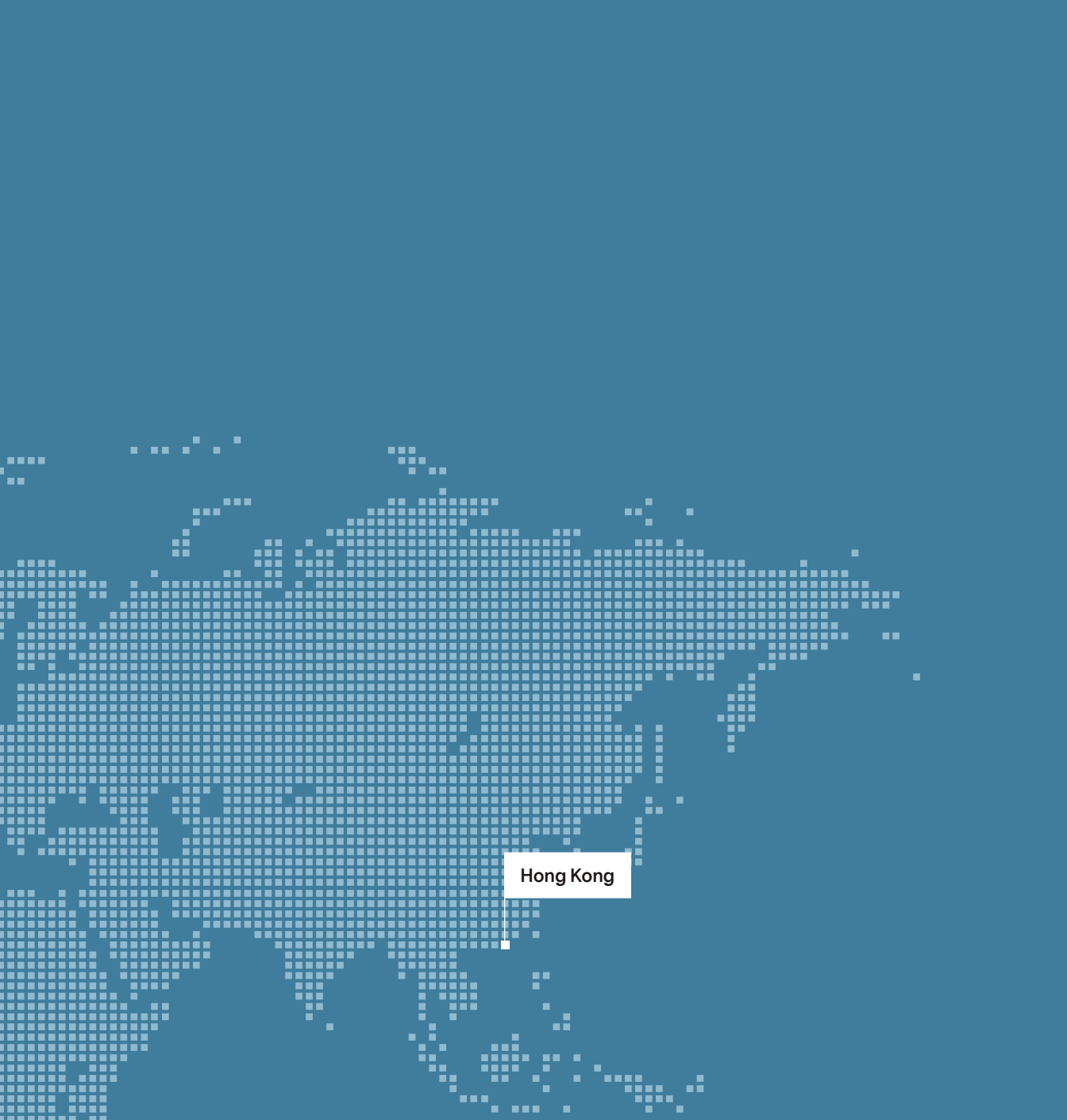
T-Mobile

WARNER BROS. DISCOVERY

12 Offices in the World's Leading Financial Centres

We work seamlessly across offices and borders with a presence in the markets that shape global business.





Hong Kong

“This is not, and I trust will never be, a firm of individual stars, but an amalgam of fine, yes, great lawyers, each of whom has contributed to our success.”

Walter Mendelsohn

Former Partner

Proskauer, Rose, Goetz & Mendelsohn



“I joined Proskauer because I wanted to be a part of a firm that is continuously growing and has a significant position in the global and local market. There is a tremendous culture of camaraderie, and I have an enormous amount of gratitude for the relationships I have built.”

Sandra Montgomery
Partner, Los Angeles

Supporting High Performance

When you join Proskauer, we will provide you with the right guidance, training, and opportunities to build your practice.

Training and development do not stop at the end of your training contract; we provide ongoing professional training, including department-specific training and general skills development. Whether you're shadowing a senior lawyer, hearing a colleague offer insight into a new aspect of the law, or honing your skills with an outside consultant or professor, you will have access to a multitude of opportunities to strengthen your skills at every step of your development as a lawyer at Proskauer.

Mid-Level Training Programmes

The transition from junior to mid-level practice requires associates to expand their respective skill sets and perspectives. To support these important professional milestones, Proskauer partners with external training providers, like Fringe PD and Story Imprinting, to develop individualised training modules for third-, fourth-, and fifth-year associates. Proskauer faculty and external instructors guide mid-level associates through programmes and coursework that are tailored to attendees' seniority levels. The series provides insight into our clients' businesses and concerns, how the Firm operates and the legal industry at large. It's also a forum for connection and collaboration and helps facilitate mid-level associates' professional development at Proskauer.

Mentoring

Under our Mentoring Programme, associates in their second year and above are asked to select a partner or senior counsel to serve as their mentor. We provide an annual stipend to mentors, conduct mentoring training, and organise periodic events, such as Take Your Mentor to Lunch Month. The Professional Resources Department actively monitors these relationships and serves as a bridge between mentors and mentees to encourage activity.

Shadowing Programme

While the majority of your development will take place in the context of real client matters, you will have the advantage of other resources and experiences. You'll have the opportunity to shadow experienced lawyers to witness how daily decisions and interactions result in excellent client service.

Continuing Legal Education (CLE)

We strongly encourage associates to attend training and continuing legal education courses. We offer all associates an annual training budget to become active in bar association activities and attend outside programmes. We also present substantive skills and training programmes in-house throughout the year for lawyers at all levels of practice. Some of our offices are accredited CLE providers, which makes earning credits even more convenient.

Departmental Training

We also offer specific departmental training programmes for new joiners, including seminars and workshops on key legal issues of the day, corporate social responsibility, and diversity topics, providing insights from top lawyers, industry leaders, and public figures.

Our Culture

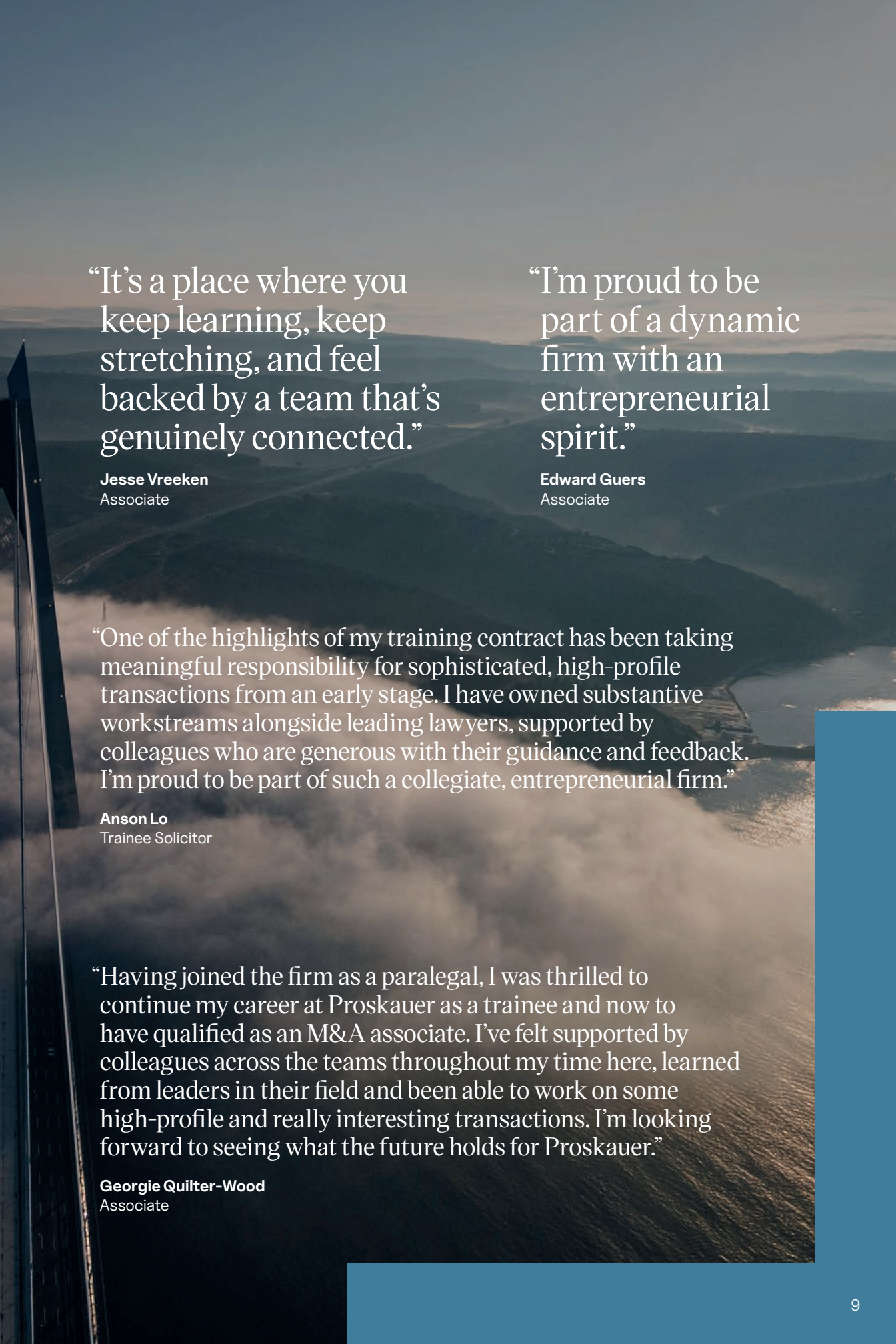
We set a high bar, challenge ourselves to keep raising it, and pursue the best possible outcomes. We achieve them through partnership, with respect, care, and generosity central to how we work and succeed.

We value people who see what is possible and act on it — who take informed risks, embrace new thinking, and draw on experience to sharpen what comes next. We are ambitious for ourselves, for one another, and for the Firm — and we use our talents to make a meaningful impact beyond it.

*High Performance
with Humanity*

*Connection
with Intention*

*Insight
from Experience*



“It’s a place where you keep learning, keep stretching, and feel backed by a team that’s genuinely connected.”

Jesse Vreeken
Associate

“I’m proud to be part of a dynamic firm with an entrepreneurial spirit.”

Edward Guers
Associate

“One of the highlights of my training contract has been taking meaningful responsibility for sophisticated, high-profile transactions from an early stage. I have owned substantive workstreams alongside leading lawyers, supported by colleagues who are generous with their guidance and feedback. I’m proud to be part of such a collegiate, entrepreneurial firm.”

Anson Lo
Trainee Solicitor

“Having joined the firm as a paralegal, I was thrilled to continue my career at Proskauer as a trainee and now to have qualified as an M&A associate. I’ve felt supported by colleagues across the teams throughout my time here, learned from leaders in their field and been able to work on some high-profile and really interesting transactions. I’m looking forward to seeing what the future holds for Proskauer.”

Georgie Quilter-Wood
Associate

A Commitment to Each Other and to Our Communities

Since our earliest days, we have recognised a responsibility to the communities where we live and work. We carry our legacy of public service forward through extensive pro bono work and community engagement initiatives. From participation in local institutions to community service and charitable giving, every member of our team is encouraged to dedicate their time, energy, and expertise to causes that matter.

Community engagement and inclusion are central to our Firm's culture. We believe in fostering an environment where everyone has access to the tools, relationships, and opportunities needed to excel. By creating opportunities for inclusion, we strengthen the trust and connection we have with our clients and move our Firm and the legal industry forward.

“Public Service has long been a part of Proskauer’s culture. There is a tremendous unmet need for legal services among people of limited means. Pro bono work is not only important, but is essential to ensure equal access to justice and to be a voice for change.”

Bill Silverman
Pro Bono Partner





“We want to make an impact beyond our Firm through meaningful connections to the communities where we live and work. Through collaboration with our clients, community partners, and alumni, we are reimagining the power of a law firm to drive social progress.”

Mark Bunbury
Community Engagement & Inclusion Officer

Making an Impact

Proskauer Impact is a firmwide platform for driving meaningful, measurable change through pro bono work, charitable giving, and community engagement. It brings our people together across practices and offices, in sustained partnership with clients and non-profit organisations, to turn shared values into action that advances justice, expands opportunity, and promotes equality.

PRO BONO & CSR ENGAGEMENT 2025

40,000+

Hours of pro bono work

173,991

Meals served

1,150

Proskauer volunteers

2,945

Hours volunteered

1,175

Students counselled

Pro Bono & Corporate Social Responsibility

Fighting food insecurity

Hunger and poverty are a core focus of our corporate social responsibility work. To mark Proskauer's 150th anniversary in 2025, we committed to providing 150,000 meals. More than 600 colleagues volunteered over 1,300 hours at 42 events with 14 non-profit organisations across the U.S., London, and Paris — helping serve more than 170,000 meals.

FutureReady

FutureReady brings together our lawyers, clients, alumni, and non-profit partners to advance career readiness, mentoring, and pro bono support. Focused on veterans, students, and adults re-entering the workforce, this firmwide initiative helps people build the skills needed to thrive as the future of work evolves.

ThinkForward

Through our partnership with ThinkForward, colleagues help young people prepare for the world of work through long-term coaching and employability activities that build skills, broaden horizons, and provide workplace experience.

LONDON COMMUNITY

Smart Works

For Women's History Month, our London office donates items to Smart Works, which provides unemployed women with interview clothing and coaching.

Soup Kitchen

Each month, volunteers prepare and serve meals at the Soup Kitchen, a longstanding partner supporting nearly 200 homeless, elderly, isolated, and vulnerable guests.

Arts for All

Teams also volunteer monthly at Arts for All's Rainbow Art Club, where older people and adults with learning disabilities connect through creative activities. We also commission artworks for display in our London office.

UK Sepsis Trust

As a corporate partner, the Firm provides annual financial support to advance the Trust's work, improve outcomes for survivors, and raise awareness of sepsis.

PRO BONO IN ACTION

University House Legal Advice Centre

Volunteers represent clients in disability benefit appeals before the First-tier Tribunal. The East London centre has an 85 per cent appeal success rate, including recent Proskauer wins.

Schools Consent Project

After training, volunteers deliver workshops in and around London to help normalise conversations about consent and encourage safe, healthy interactions. The project has reached more than 70,000 young people.

LawWorks and TrustLaw

Volunteers advise charities and non-profit organisations on corporate, governance, and commercial matters, from articles of association and Companies House filings to larger research projects.

Pro Bono Recognition List

In 2026, 33 London lawyers were named to the List, which recognises lawyers who completed more than 25 hours of pro bono work in the previous year.

Community Engagement & Inclusion

Community Outreach & Pipeline Programmes

We are committed to expanding access to the legal profession and supporting students interested in pursuing legal careers. Through partnerships with schools, non-profit organisations, and community groups, we offer internships, workshops, mentoring, and skills-based programming that help students build pathways into the profession through meaningful opportunities.

Professional Development & Mentorship

Proskauer supports lawyers at every stage of their careers through structured onboarding, mentorship, and skills-based training. Associates benefit from partner mentorship, coaching, and professional development programmes designed to strengthen core skills, expand networks, and support long-term career growth through meaningful opportunities and client engagement. Our First Generation Lawyer Programme provides additional support for junior lawyers who are the first in their families to enter the legal profession.

Firmwide Inclusion Programming

We host a wide range of programmes that celebrate culture, promote understanding, and strengthen community across the Firm. These include speaker series, educational programming, and events recognising AAPI Heritage Month, Black History Month, Diwali, Hispanic Heritage Month, Lunar New Year, Pride Month, Veterans Day, and Women’s History Month.

Client Partnerships

We collaborate with clients on inclusion and community engagement initiatives that strengthen relationships, advance shared priorities, and multiply impact. These efforts include joint networking events, professional development programmes, and community service initiatives.

Attorney Engagement Networks

Our Attorney Engagement Networks are open to all and foster connection, collaboration, and community. Through networking events, educational programming, and cultural initiatives, these groups create opportunities for engagement, dialogue, and professional growth while strengthening an inclusive environment.

Our Attorney Engagement Networks

Asian Lawyer Affinity Group

Black Lawyer Affinity Group

Hispanic/Latinx Lawyer Affinity Group

LGBTQ+ Lawyer Affinity Group

Middle Eastern/North African Lawyer Affinity Group

Proskauer Women’s Alliance

Veterans Affinity Group

Over 150 Years of Shaping the Future

Since 1875, Proskauer has helped define, and helped clients navigate, nearly every emergent field of law. We are committed to excellence as a best-in-class, trusted adviser to prestigious clients as they navigate complex challenges and seek to capitalise on market opportunities.

Throughout our history, the issues may have changed, but one constant is that our work continues to shape the future.



1895

The Firm represents Henry Siegel in acquiring the land for and constructing the Siegel Cooper & Co. Department Store — the Firm's first department store client.



1908

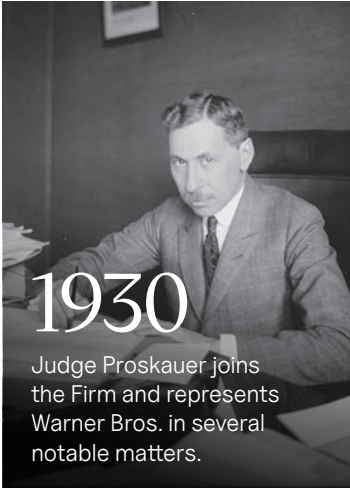
Benjamin Paskus joins as a partner and, in 1913, becomes one of the busiest specialists in tax law after the ratification of the 16th Amendment.

1915

Before Prohibition, the Firm represents a number of breweries, including Lembeck & Betz, Congress, Lion, Bernheimer & Schwartz, and Doelger.

1930

Judge Proskauer joins the Firm and represents Warner Bros. in several notable matters.



1964

Tax attorney Ruth Schapiro becomes the Firm's first woman partner, paving the way for future female leaders.

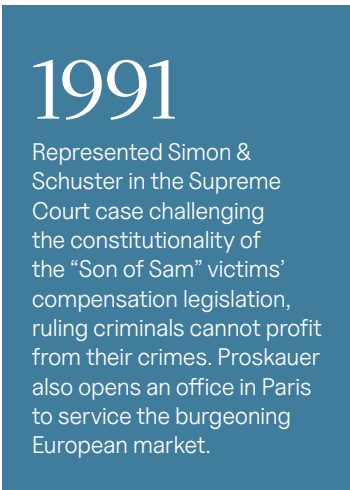


1979

Los Angeles office opens. Proskauer has been instrumental in bringing the Olympic Games back to the city in 2028.

1991

Represented Simon & Schuster in the Supreme Court case challenging the constitutionality of the "Son of Sam" victims' compensation legislation, ruling criminals cannot profit from their crimes. Proskauer also opens an office in Paris to service the burgeoning European market.





1875

William R. Rose, recently admitted to the bar, establishes his law office at 320 Broadway in New York City at the age of 21. At this time, the Firm's entertainment and finance practices have their roots working for clients in the theatrical world and doing work for the stock exchange.



1878

Gibson Putzel joins as a partner to form Rose & Putzel.

1934

The custody battle of Gloria Vanderbilt attracts widespread media attention with Proskauer acting for Gertrude Vanderbilt Whitney.



1948

Among Judge Proskauer's proudest achievements was his role as one of the authors of the Universal Declaration of Human Rights, forging a legacy of fairness and equality.



1963

Proskauer began to represent the NBA — the beginning of the Firm's distinguished sports law practice.

1939

Burton A. Zorn establishes the Firm's acclaimed labour department representing clients such as United Parcel Service and Metropolitan Life.



2003-11

The Firm expands rapidly in response to business demands, opening offices in Boston, Chicago, London, New Orleans, and São Paulo.

2022

Proskauer procures historic debt restructuring on behalf of Financial Oversight and Management Board for Puerto Rico.

2024

International growth continues with London becoming Proskauer's second-largest office. A market-leading transactional team joins in Paris.

150

2025

The Firm celebrates its 150th anniversary and expands its Global Finance platform with the opening of an office in Charlotte, North Carolina.



Empowering Your Career

We offer a chance to learn from the best legal talent in an environment that values collaboration, camaraderie, and creativity. You'll have a strong supporting network of peers, access to training and development, and multiple avenues for pursuing your passion for helping others through pro bono work or community involvement.

A platform for success

Practising law at Proskauer offers the foundation for a great career, whether you choose to spend it with us or ultimately decide to pursue other professional goals. Our broad alumni network has more than 3,000 members worldwide. You'll have the opportunity to network with your former colleagues at various educational and social events and to maintain close connections with them through our alumni programme.

Across the world, Proskauer alumni practise law, run corporations, or start their own companies, teach at esteemed law schools, serve in the public sector, represent people in need through non-profit work, and interpret the law as judges.

Our alumni continue to inspire us with their vibrant careers, their high levels of achievement, and their commitment to making a difference in their communities.

FAQS

How many trainees do you recruit each year?

We are looking for up to 10 trainees per intake.

When do trainees start their training contracts?

Trainees join the firm in early September. We are currently recruiting predominantly for our 2029 intake and have a few spaces remaining for our 2028 intake.

What are your academic requirements?

We do not have fixed academic requirements; we assess each application on its own merits.

Do you recruit non-law students?

Yes, we welcome applications from people from all academic disciplines.

Do you recruit international students?

Yes, absolutely. We are a very international firm.

Do you recruit on a rolling basis?

No, we review applications after the deadline.

When and how do I apply for a training contract?

Applications will open on 1 November. The link to apply will be on our website.

Scan the QR code
to join our mailing list



Get in touch:
graduaterecruitment@proskauer.com

