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Sinead King

Year of Call: 2006

Practice Summary

Sinead King is a specialist employment law barrister practising from 4-5 Gray's Inn Square in London. She was called to the Bar in 2006 and has built a strong reputation for handling complex employment, discrimination, and whistleblowing matters for both claimants and respondents. Sinead's advocacy is noted for its clarity, tenacity and persuasive impact.

Sinead's practice spans the full range of employment law, with a balanced focus on both claimant and respondent work. Her client base includes major private companies, high-net-worth individuals, teaching unions, emergency services (including police and fire services), local authorities, and medical professionals. She is particularly experienced in cases that involve significant factual and legal complexity.

She regularly provides advice and representation in multi-day discrimination cases, including claims involving both victimisation during employment and post-termination detriment. Sinead also has significant experience advising and representing London Borough local authorities, including appearances before the Employment Appeal Tribunal and the Court of Appeal.

Areas of Practice

Sinead's core areas include:

- Employment law (individual and collective)
- Discrimination, harassment and victimisation
- Whistleblowing and protected disclosures
- Unfair and wrongful dismissal

- Equal pay and complex statutory claims
- Multi-day Tribunal and appellate advocacy

Advocacy & Advisory Work

Sinead is widely praised for her tenacious advocacy and detailed case preparation. In one notable case, she successfully amended a client's claim on the first day of hearing and secured both a merits victory and a costs award after exposing flaws in the respondent's defence through effective cross-examination. Her submissions in appellate work have been described as "excellent" by judicial commentators.

She also delivers bespoke training on employment, discrimination, and whistleblowing law to organisations including the Metropolitan Police and local authorities, and has spoken at events such as *Women In Surgery* on whistleblowing issues in the NHS.

Approach

Clients and professional peers describe Sinead as a personable and empathetic barrister with exceptional attention to detail and an ability to distil complex issues into compelling arguments. Her style is both strategic and client-focused, combining technical legal strength with clear communication and practical advice.

Clients

Sinead acts for a wide range of clients, including:

- Major private sector employers and employees
- High-net-worth professionals
- Public sector bodies (including local authorities)
- Teaching unions, police, fire services and healthcare professionals

Recognition

Sinead King is recognised as a Leading Junior in Employment Law by *The Legal 500*, which describes her as "very personable and empathetic … with an eye for detail and ability to present a very compelling argument. Second to none."

Directories & Rankings

Sinead is highlighted in *The Legal 500* rankings for her employment expertise, reflecting both peer and client recognition of her strong advocacy, technical knowledge and practical approach to complex employment disputes.

Publications & Speaking Engagements

In addition to her advocacy work, Sinead provides training and speaks on topics such as whistleblowing and discrimination, including tailored sessions for public sector and private clients.

Areas of Expertise

- Employment