

Nicola Frost

Year of Call: 2009
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Family Law Arbitration

Nicola Frost is a qualified Arbitrator both in the Financial Remedy Scheme and Children Scheme (IFLA) and she welcomes instructions to act as the Arbitrator - or to attend arbitrations, as a barrister, in financial remedy or children related matters.

Recommendations

Nicola Frost is an experienced junior who is particularly well known for taking on financial remedy cases. She is skilled at dealing with pre- and post-nuptial agreements, cohabitant disputes and trusts and business issues.
Strengths: "Nicola Frost has a really good way with clients."
"Nicola Frost's research is in-depth and impressive and she is pragmatic and practical with clients and similarly in court."
"Nicola Frost is very approachable, and she has the ability to explain complex issues to clients with patience and in a manner they understand."
Nicola is an exceptional advocate. With a "no stone left unturned" approach, she lives and breathes her cases and inspires the confidence of her clients right from the start.
Chambers UK 2025/Family/Matrimonial Finance/Western Bar

Strengths: "Nicola is a persuasive advocate. She is always on top of her cases and she is well researched."
"Nicola is thorough and robust. She always goes the extra mile to prepare a strong case."
"Nicola is extremely approachable, fantastic with clients and a highly persuasive advocate."
Chambers UK 2024/Family/Matrimonial Finance/Western Bar

'Nicola's attention to detail is phenomenal, especially in her skeleton arguments and case outlines. She has an excellent manner with clients, putting them at their ease.'
Legal 500 2025/Divorce and Financial Remedy/Leading Juniors/Western Circuit

'Nicola has excellent client care. Her advice is clear and firm yet delivered sensitively and with empathy. Her preparation and advocacy are excellent.'
Legal 500 2025/Family: Children and Domestic Violence/Leading Juniors/Western Circuit

Nicola Frost is a 'go-to barrister for difficult private children law cases'. Her broad practice includes child abduction and Hague Convention cases, as well as surrogacy and intractable contract disputes.
'Nicola has an amazing ability to collate huge amounts of information down to the key points without missing anything. She approaches her cases with forensic accuracy as well as a great deal of compassion for clients. She is also incredibly robust when dealing with her opponents and with the court.'
Legal 500 2024/Family: Children and Domestic Violence/Leading Juniors/Western Circuit

'Nicola is extremely thorough and her attention to detail is impressive. She has excellent client care qualities and goes the extra mile for her clients. Nicola is a calm but very persuasive advocate.'

Legal 500 2024/Divorce and Financial Remedy/Leading Juniors/Western Circuit

'She is robust, yet engaging and empathetic with a client.'
Legal 500 2023/Child Law (Public and Private)/Leading Juniors/Western Circuit

'Nicola is tenacious and perceptive, and thorough in her preparation.'
Legal 500 2023/Divorce and Financial Remedy/Leading Juniors/Western Circuit

'She always has a total command of the papers and is a robust advocate.'
Legal 500 2022/Child Law (Public and Private)/Leading Juniors/Western Circuit

'She always has a total command of the papers and is a robust advocate.'
Legal 500 2022/Divorce and Financial Remedy/Leading Juniors/Western Circuit

"Nicola's attention to detail far exceeds any other barrister or lawyer I have ever come across!": **Solicitor, Head of Family**

"I would like to express my gratitude and admiration for the way in which Ms Frost has represented her client and for her encyclopaedic knowledge of the extensive papers and issues in this case.": **Judge (High Court), International Child Relocation case**

"I am indebted to Ms Frost for the chronology that she prepared. I have used that chronology as the basis for what follows [in my judgment]...": **Judge (High Court), International Child Relocation case**

"I've always used another chambers but have recently instructed Nicola Frost from 3PB who was fantastic and really sorted a difficult case. I've instructed her again on another case." : **Instructing solicitor**

"I was really impressed with how understanding you were and also how direct and honest you were." : **lay client**

"My client loved Nicola because she was feisty but fair." : **Instructing solicitor**

"You did an excellent job for my client in difficult circumstances. Thank you." : **Instructing solicitor**

"I think your skeleton [argument] is beautifully written and presented." **: Opposing counsel**

"Tenacious!": **Family Court Judge**

"Your skeleton argument is excellent": **Family Court Judge**

Academic qualifications

- LL.B (Hons) (First Class) – Bristol Law School, UWE Bristol
- BVC (Very Competent) - Bristol Institute of Legal Practice, UWE Bristol
- Author of 'A Practical Guide to Pre-Nuptial and Post-Nuptial Agreements'

Scholarships

- Exhibition and Duke of Edinburgh Scholar, Inner Temple
- Keble Advanced International Advocacy Scholar, Inner Temple

Professional qualifications & appointments

- Judge of the First-Tier Tribunal
- Accredited Arbitrator, Financial Remedy Scheme and Children, IFLA
- Accredited Mediator, Civil & Commercial Mediation, Bristol ADR Group
- Advocacy Trainer, Western Circuit

Professional bodies

- Member of the Chartered Institute of Arbitrators (CIArb)
- Institute of Family Law Arbitrators (IFLA)
- Bristol Family Law Solutions
- Family Law Bar Association
- Bar Pro Bono Unit
- Inner Temple
- Western Circuit
- European Circuit