Patrick Goodings



Year of Call: 2010
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Overview

Patrick Goodings is family barrister who joined 3PB as an Associate Member in October 2025, he brings nearly 15 years of specialist experience in family law, with a practice that frequently involves cross-border elements and high-net-worth clients.

Patrick's practice encompasses the full range of complex financial disputes and private law children matters, often with significant cross-border dimensions. He is regularly instructed in cases involving international assets, offshore structures, trusts, and wealth protection issues arising in financial remedy proceedings and nuptial agreements.

A confident and accomplished courtroom advocate, he has appeared at all levels of the Family Court in England and acted in high-stakes litigation concerning substantial asset portfolios, corporate entities, and intricate financial arrangements. Patrick also holds a Master's Degree in Law, with a thesis on cross-border child abduction and the Hague Convention, underscoring his expertise in international children law.

Known for incisive cross-examination and strategic advocacy, Patrick delivers practical and results-focused advice, always mindful of the commercial realities faced by his clients.

Alongside his litigation practice, Patrick has developed a strong advisory practice in family finance, particularly in relation to wealth protection and planning. He is frequently instructed to draft and advise on pre- and post-nuptial agreements, and to provide guidance on the structuring and division of assets in the context of divorce and separation, including cases with cross-border elements.

Patrick is qualified as an Arbitrator in both the Financial Remedy and Children Schemes, is a member of the Chartered Institute of Arbitrators (CIArb), and welcomes instructions to act as Arbitrator or as counsel in arbitration proceedings.

Patrick is consistently recognised in Legal 500 as a Leading Junior in family law, particularly for his empathy with clients, preparation and quality of advocacy and is described as "*A great advocate. He builds very good rapport with clients: they feel he is fighting their corner*" (Legal 500, 2025) and "*A highly skilled, level-headed advocate, who is approachable and well-prepared*" (Legal 500, 2024).

Recommendations

"Patrick is a great advocate. He builds very good rapport with clients: they feel he is fighting their corner." **Legal 500, 2025**

"A highly skilled, level-headed advocate, who is approachable and well-prepared." **Legal 500, 2024**

"Patrick is a confident and committed advocate—efficient and incisive. He is empathetic and very personable, with very sound judgement." **Legal 500, 2023**

"Patrick has an excellent capacity for putting parties and witnesses at ease. He always strives to ensure that fairness is achieved for vulnerable parties. He always demonstrates willingness to go the extra mile for his clients and represents them fearlessly and with endless energy." **Legal 500, 2022**

Academic qualifications

- BVC, Northumbria University Law School (2010)
- LLM Advanced Legal Practice, Northumbria University Law School (2011)
- LLB (Hons), University of Leeds (2007)

Scholarships

- Shelford Scholar, Lincoln's Inn

Professional qualifications & appointments

- Accredited Arbitrator, Financial Remedy Scheme and Children, IFLA

Professional bodies

- Member of the Chartered Institute of Arbitrators (CIArb)
- Member of the Institute of Family Law Arbitrators (IFLA)
- Member of the Family Law Bar Association (FLBA)
- Associate Member of Society of Hair Strand Testing (SoHT)

Expertise

Family

Family Finance and Wealth Protection

Patrick Goodings has significant experience in financial remedy proceedings, particularly those involving international assets, trusts, and complex wealth structures. He regularly advises on strategic approaches to family wealth in the context of divorce, separation, and nuptial planning, drawing on his background in high-value and contested financial disputes.

His expertise includes:

- Hidden assets and asset tracing
- Business assets and valuations
- Imerman and improperly obtained evidence
- Reviewable dispositions of matrimonial property
- Pension funds
- Non-matrimonial assets and matrimonialisation issues
- Pre- and post-nuptial agreements
- Maintenance and periodical payment claims
- Offshore trusts and asset protection structures
- Forum non conveniens

Private Law Children

Patrick represents parents in highly sensitive and complex disputes, including cases involving domestic abuse, alienating behaviours, and international relocation. His Master's thesis on cross-border child abduction underpins his expertise in Hague and non-Hague Convention proceedings. His practice includes:

- International and internal relocation
- Child abduction and Hague Convention applications
- Domestic abuse and coercive control
- Allegations of physical or sexual abuse
- Financial provision for children
- s.91(14) applications under the Children Act 1989
- Vulnerable witnesses and abuse-related cases under PD 12J & PD 3AA
- Forum disputes

Non-Court Dispute Resolution (NCDR)

Non-court dispute resolution forms an established part of Patrick's practice in both financial and children matters.

His expertise includes:

- Acting as an Arbitrator under the Financial Remedy and Children Schemes

- Hearing and appearing in private Financial Dispute Resolution hearings (pFDRs)
- Providing early neutral evaluation in complex family finance and children disputes
- Representing clients in mediation and round table negotiations

Notable cases

Patrick has had cases featured in the popular 'Transparency Project' blog, notably the reporting of a successful appeal in which he represented the Appellant Mother.