



60 SECONDS WITH... ALEXANDRA LUKANOVA ASSOCIATE RUSSELL COOKE



Q Imagine You No Longer Have To Work. How Would You Spend Your Weekdays?

A I'd be in a big, sunlit kitchen, dreaming up recipes and maybe filming the occasional cooking video – think Martha Stewart. But I'd also be out exploring, staying active, and chasing local food experiences in true Anthony Bourdain spirit.

Q What Has Been The Best Piece Of Advice You Have Been Given In Your Career?

A When you receive an aggressive letter from the other side, pause. Breathe. It's not personal. Stay focused on your client's best interest – responding in kind rarely helps anyone.

Q What Is The Most Significant Trend In Your Practice Today?

A Non-court dispute resolution – it keeps costs proportionate, reduces acrimony and prioritises dignity. It only works if we, as lawyers, champion it just as confidently as we would a court battle.

Q Who Has Been Your Biggest Role Model In The Industry?

A James Carroll, my colleague and our managing partner at Russell-Cooke. Despite an impossible diary, he always makes time

– whether it's a quick question or a big issue. He's constantly looking to grow, thrives on giving and receiving feedback, and models exactly what it means to resolve matters swiftly, sensibly and with integrity. And if court is needed – he's the person you'd want in your corner, every time.

Q What Advice Would You Give To Your Younger Self?

A Don't try to control everything. What's meant for you won't pass you by – even rejection can be redirection. Let go a little. Things won't fall apart just because you're not holding every thread.

Q What Do You Like Most About Your Job?

A What I like most is the culture at my firm – but really, culture is just great people. My colleagues are kind, supportive, and genuinely care. They're also sharp, efficient, and brilliant at what they do. It makes coming to work feel easy.

Q What Is Something You Think Everyone Should Do At Least Once In Their Lives?

A Run a marathon – or at least try! I've signed up for my first and I'm terrified, but I know that if I can do this, I'll feel like there's nothing I can't do.

Q What Has Been Your Most Memorable Experience During Your Career So Far?

A Speaking at the HNW Divorce NextGen Summit in March this year – it was my first time speaking professionally and I honestly loved it. It felt like a perfect outlet for my inner theatre kid... or maybe a healthy compromise for not becoming a barrister!

Q What Is The Biggest Life Lesson You Have Learned?

A You can't do everything, and you don't have to. Trying to control every outcome is exhausting – sometimes the best results come when you step back and let things take their course.

Q What Does Your Perfect Holiday Look Like?

A Good wine, seasonal local food, and a slow road trip through Tuscany.

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