



## Jamila Bolahood

### Senior Associate

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[Labour & Employment](#)  
[Human Rights](#)  
[Grievances & Arbitrations](#)  
[Workplace Harassment](#)

Jamila represents management in all workplace matters by offering practical solutions and skilled advocacy to achieve success in both unionized and non-unionized workplaces. She advises employers on a range of issues, including:

- Wrongful dismissal litigation;
- Labour disputes;
- Grievance arbitrations;
- Workplace harassment investigations;
- Human rights applications; and
- Employment standards and contracts.

She represents employers in proceedings before the courts, labour arbitrators, labour relations boards and human rights tribunals.

## Insights & Events

- Author, "Canada – New Workplace Accessibility Standards Finalized", Lexology, 2019.
- Co-author, "Contractor convicted of manslaughter for breaking health and safety laws sentenced to jail for 18 months", Canadian Occupational Safety Magazine, September 2018.
- Co-author, "Sexual Harassment Law in Canada", Bloomberg Law's Workplace Harassment Law textbook, Second edition, Chapter 27, 2018.

## Beyond Our Walls

### Professional Involvement

- Member, Canadian Bar Association
- Member, Law Society of Ontario
- Member, Ontario Bar Association

## Awards & Recognition

- Recognized in the 2026 edition (and since 2025) of *The Best Lawyers in Canada* as “Ones to Watch” (Labour and Employment Law)

## Bar Admission & Education

- Ontario, 2017
- JD, University of Ottawa, 2016
- BA (Honours), Queen's University, 2013

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