



Katherine Cooligan

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[Family Law](#)
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Katherine is a specialist in family law as certified by the Law Society of Ontario.

Katherine has extensive litigation experience in all aspects of family law including custody, financial issues including corporate and business issues arising out of separation, income determination, and child and spousal support.

In addition to her litigation practice, Katherine negotiates, drafts and reviews all forms of domestic contracts, including marriage contracts, cohabitation agreements and separation agreements.

Katherine has appeared before all levels of court, including the **Superior Court of Ontario** and **Ontario Court of Appeal**.

Experience

- Katherine has acted for clients in Ottawa and surrounding regions in complex matters including custody and access, division of property and spousal cases for almost 30 years. She is widely recognized as one of Ottawa's pre-eminent family law lawyers and has acted for many high profile and high net worth clients.

Insights & Events

- Speaker, "Fireside Chat with Thomas Cromwell," BLG Family Law Seminar, June 2019.
- Speaker, "Harnessing Ambition and Unleashing the Full Potential of Women in Leadership," Women's Business Network Breakfast Speaker Series, June 2019.
- TEDx Kanata "IMAGINE - Tackling Fear and Unleashing the Full Potential of Women in Leadership", BLG Video, March 2019
- Litigating High Conflict Custody Disputes
- Panelist, "Women Lawyers Forum," Ontario Bar Association, March 6, 2019.
- Speaker, "Litigating High Conflict Custody Disputes," University of Ottawa, March 6, 2019.
- Speaker, "Tackling Fear and Unleashing the Full Potential of Women in Leadership," EDC Ottawa Toastmasters Meeting, March 6, 2019.
- Panel Moderator, "CEO Talk: Women in Business," Ottawa Board of Trade, March 5, 2019.
- Speaker, "Tackling Fear and Unleashing the Full Potential of Women in Leadership," TEDxKanata, February 28, 2019.
- Interview, "Unromantic Detour with Katherine Cooligan," I'm a Millionaire...So, Now What? Podcast, February 12, 2019.
- Unromantic Detour with Katherine Cooligan Im a Millionaire So Now What
- Speaker, "Credibility and Leadership," Women in Leadership: Challenges and Opportunities, Career Women Interaction, May 16, 2018.
- Credibility and Leadership Women in Leadership Challenges and Opportunities
- Groia v LSUC The Civility Debate
- Panelist, "Groia v. LSUC: The Civility Debate," University of Ottawa, Cavanagh LLP Professional Speaker Series, October 10, 2017.
- Author, "Impact of Structured Settlements on Family Law Claims," The Lawyer's Daily, June 16, 2017.
- Speaker, "The Pitfalls of Family Law and How to Avoid Them: The Impact of Death on Family Law Issues," OBA Program, February 10, 2017.
- The Pitfalls of Family Law and How to Avoid Them The Impact of Death on Family Law Issues
- Caught in the Crossfire The Impact of Family Breakup on Schools
- Speaker, "Caught in the Crossfire: The Impact of Family Breakup on Schools," Conference of Independent Schools of Ontario (CIS), hosted by Borden Ladner Gervais LLP, Toronto, February 9, 2016.
- Co-author, "Intruding upon the seclusion of personal email - what the common law tort for invasion of privacy might mean for snooping spouses and the electronic evidence that they obtain", Canadian Family Law Quarterly, April 2015.
- Co-author, "When Clients Intrude Upon the Seclusion of Their Spouses' Personal Email: What the Common Law Tort for the Invasion of Privacy Might Mean for Snooping Spouses and the Electronic Evidence That They Obtain", BLG Family Law Lunch and Learn Series (LSUC Program), January 13, 2015.
- Co-author, "When Clients Intrude Upon the Seclusion of Their Spouses' Personal Email: What the Common Law Tort for the Invasion of Privacy Might Mean for Snooping Spouses and the Electronic Evidence That They Obtain", BLG Family Law Lunch and Learn Series (LSUC Program), January 13, 2015.
- Author, "When Spouses Access Email Without Consent," The Lawyers Weekly, May 2011.
- Author, "You've Got Mail, Snooping Emails, Privacy Law, and Admissibility of Evidence," Briefly Speaking, April 2011.

Beyond Our Walls

Professional Involvement

- Member, The Advocates' Society, Canadian Bar Association, County of Carleton Law Association and Women's Law Association
- Frequent Chair and Speaker, continuing legal education programs on advocacy skills and substantive family law and estate litigation issues
- Former Executive Member, Ontario Bar Association, Family Law Section
- Former Member, Regional Law Day Committee
- Former President, Young Lawyers Division, Ontario Bar Association

Community Involvement

- Chair, Women for Mental Health, 2019
- Member, International Women's Forum, 2018-present
- Member, Ottawa Board of Trade, 2018-present
- Member, Women's Business Network, 2018-present
- Executive, CHEO Foundation, June 2017-present
- Member, Children's Hospital of Eastern Ontario Foundation Board, 2015-2018 and 1997-99
- Member, Ottawa Build Task Force, 2018 & 2019
- Organizing Committee, The Royal, Breakfast for Mental Health, 2018
- Annual Volunteer for over 20 years, Children's Hospital of Eastern Ontario Telethon and Teddy Bear Picnic
- Leader, United Way
- Spark Member, United Way

Awards & Recognitions

- Recipient of the Order of Ottawa, 2019.
- Winner, Businesswoman of the Year, Professional Category, April 2019.
- *Order of the Good Bear*, 2019, Children's Hospital of Eastern Ontario. The highest honour the hospital can bestow in thanks for longstanding and significant volunteer contributions.
- Named *Business Women of the Year* (Professional Category) 2018, by the Women's Business Network.
- Selected by peers for inclusion in the 2024 edition (and since 2010) of *The Best Lawyers in Canada*® (Family Law) and recognized in 2012 as the Ottawa Family Law Lawyer of the Year
- Recipient Spark Ignite Award, 2018. Awarded to a woman in Ottawa who has made a significant impact in the areas of leadership, philanthropic giving, advocacy and volunteerism.
- Profiled, "Family law a true calling for leader of BLG Ottawa," *Ottawa Business Journal*, September 11, 2018.
- Mentioned, "[Building the Capital - City-Builders Team Up to Transform Ottawa](#)," *Capital Magazine*, May 15, 2018.
- Profiled, "[Ottawa's Top Female Lawyers](#)," *Ottawa Life Magazine*, January/February 2017.
- Included in Top 25 People in the Capital, *Ottawa Life Magazine*, September 2016.
- Finalist, Businesswoman of the Year, Professional Category, April 2016.
- Featured as a Distinctive Woman, Ottawa, 2015 and 2014 editions of Distinctive Women, Profiles of Distinction.

Bar Admission & Education

- Ontario, 1991
- LLB, University of Ottawa, 1989
- BA (combined major) in Law and Psychology, Carleton University, 1986
- Certificate, Cornell University, 2018, Women in Leadership
- Executive Education Leadership in Law Firms, Harvard Law School, 2016

BLG | Canada's Law Firm

As the largest, truly full-service Canadian law firm, Borden Ladner Gervais LLP (BLG) delivers practical legal advice for domestic and international clients across more practices and industries than any Canadian firm. With over 725 lawyers, intellectual property agents and other professionals, BLG serves the legal needs of businesses and institutions across Canada and beyond – from M&A and capital markets, to disputes, financing, and trademark & patent registration.

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