

Sophie Poulos

Associate



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Language(s) spoken: English

Bar Admission(s): Nova Scotia, 2024

Sophie is a lawyer practicing primarily management-side labour and employment law. She takes a pragmatic approach in all aspects of her work, striving to deliver comprehensive solutions to a variety of workplace-related issues.

Sophie has experience in the following areas:

- Termination, severance and wrongful/constructive dismissal claims
- Workplace investigations
- Human rights complaints
- Grievance arbitrations
- Employment standards compliance

Practice Areas

Human Rights

Labour & Employment

Litigation & Alternative Dispute Resolution

Education & Career

Education

Dalhousie University, Juris Doctor, 2023

Western University, Bachelor of Arts (Honours) in Media and the Public Interest, 2019

Activities

Pro Bono volunteer, Access to Justice and Law Reform Institute

Volunteer Communications Coordinator, London Poverty Research Centre

Writing Counsellor, Western University

Accolades

Schulich Scholarship, Schulich School of Law, 2020

Gold Medal for the Faculty of Information and Media Studies, Western University, 2019

Academic Excellence Award for the Faculty of Information and Media Studies, Western University, 2018

Dean's Honour List, Western University, 2016-2019

Thought Leadership

2024 Nova Scotia election: Employer obligations

October 31, 2024

Changes affecting federally regulated employers

June 10, 2024