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JEFFREY ADAMS

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Contracts
Lawyer



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Jeff specializes in labour, employment, and human rights law. His expertise spans a broad spectrum of workplace-related issues including litigation, negotiation, contract drafting, and compliance matters. Jeff advises employers, HR professionals, and corporate teams.

His approach is geared towards fostering positive employee relations and effectively managing conflicts when they arise. Jeff has a strong background in mediation and arbitration, contributing to his skill in negotiating settlements and advising on risk management. Fluent in both English and French, his diverse experience in sport, business, government, and law enhances his capability to develop practical and cost-effective strategies for his clients.

Jeff began his career arc as a Paralympic athlete with 3 gold medals in the 800m (2x) and 1500m distances in wheelchair racing (Athletics). After retiring from sports, he founded a medical device engineering and manufacturing company acting as President and CEO. Selling the company in 2016, he turned his focus to law, graduating from Osgoode Hall Law School. He is inducted into the Canada Sports Hall of Fame and is a member of the Order of Ontario.

He is regularly engaged in speaking to corporate audiences on topics including Equity Diversity and Inclusion, Team Building, Culture Shifts, and telling stories about the glory days when his job was to go around in circles as fast as he could.

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