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JEFFREY ADAMS

Employment, Labour &
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Jeff Adams specializes in labour, employment, and human rights law, advising employers, HR professionals, and corporate teams on a wide range of workplace issues, including litigation, negotiation, contract drafting, and compliance. His approach emphasizes practical, cost-effective strategies that foster healthy employee relations and effectively manage conflict. Jeff is fluent in both English and French and brings a unique background that spans sport, business, government, and law.

As SpringLaw's AI Portfolio Lead, Jeff explores and tests emerging legal tech and AI tools to enhance workflows, client service, and document automation. He plays a key role in shaping the firm's strategic direction on tech adoption and innovation.

Jeff's career arc began as a Paralympic athlete with three gold medals in wheelchair racing (800m x2, 1500m). After retiring from competitive sport, he launched and led a medical device company as President and CEO before selling it in 2016 and pivoting to law.

A graduate of Osgoode Hall Law School, Jeff is a member of the Order of Ontario and an inductee into the Canadian Sports Hall of Fame. He is also a sought-after speaker on Equity, Diversity and Inclusion, team dynamics, and workplace culture — often blending insights from his many professional chapters with stories from his glory days racing around tracks at top speed.

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