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Avital Sternin

Articling Student

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Avital is an articling student at BLG's Toronto office. As a former law student at the University of Toronto Avital was active in the school's oral advocacy programs. Avital was awarded Best Oral Advocate in the 2024 Harold G Fox Intellectual Property Moot and in 2025, along with her teammates, Avital won the grand prize at the Oxford International Intellectual Property Moot. Avital also participated in the American Bar Association's second annual M&A Competition (MAC Cup II) in 2025 winning a spot with her teammate in the Elite 8 finalist bracket.

Before joining BLG, Avital gained valuable experience working in-house at Nestlé Canada and as a legal intern at the University of Toronto.

Prior to law school, she completed a PhD in Psychology with a focus in Cognitive Neuroscience at Western University.

Avital chose to work at BLG because of the firm's clear dedication to a supportive work environment and its commitment to mentorship.

In her spare time, Avital can be found enjoying the outdoors with her family, playing ultimate frisbee, and listening to live music.

Education

- JD, University of Toronto, 2025
- PhD, Western University, 2021
- MSc, Western University, 2016
- BSc, Brock University, 2014