



Jamila Bolahood

Senior Associate

T 416.367.6330
F 416.367.6749
Toronto
JBolahood@blg.com
[LinkedIn](#)

[Labour & Employment](#)
[Human Rights](#)
[Grievances & Arbitrations](#)
[Workplace Harassment](#)

Jamila represents management in all workplace matters by offering practical solutions and skilled advocacy to achieve success in both unionized and non-unionized workplaces. She advises employers on a range of issues, including:

- Wrongful dismissal litigation;
- Labour disputes;
- Grievance arbitrations;
- Workplace harassment investigations;
- Human rights applications; and
- Employment standards and contracts.

She represents employers in proceedings before the courts, labour arbitrators, labour relations boards and human rights tribunals.

Insights & Events

- Author, "Canada – New Workplace Accessibility Standards Finalized", Lexology, 2019.
- Co-author, "Contractor convicted of manslaughter for breaking health and safety laws sentenced to jail for 18 months", Canadian Occupational Safety Magazine, September 2018.
- Co-author, "Sexual Harassment Law in Canada", Bloomberg Law's Workplace Harassment Law textbook, Second edition, Chapter 27, 2018.

Beyond Our Walls

Professional Involvement

- Member, Canadian Bar Association
- Member, Law Society of Ontario
- Member, Ontario Bar Association

Awards & Recognition

- Recognized in the 2026 edition (and since 2025) of *The Best Lawyers in Canada* as “Ones to Watch” (Labour and Employment Law)

Bar Admission & Education

- Ontario, 2017
- JD, University of Ottawa, 2016
- BA (Honours), Queen's University, 2013

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 800 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.

blg.com

© 2026 Borden Ladner Gervais LLP. Borden Ladner Gervais LLP is an Ontario Limited Liability Partnership.