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### **MEMBER PROFILE QUESTIONS**

#### **INTRO :**

**Member Name :** Shana Nobari

**Year of Call :** 2023

**LinkedIn Page:** <https://www.linkedin.com/in/shana-n/>

#### **QUESTIONS :**

##### **1- How did you get into criminal law?**

My background in psychology taught me to understand the complexities behind people's choices and struggles. When I started studying law, I saw the importance of having someone who sees more than just a case number—a person with a story. Criminal law combines both: understanding human behaviour and advocating for fairness. Psychology helps me connect with clients on a deeper level, and law gives me the tools to fight for their rights. Together, they inspire me to approach every case with empathy and determination.



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## **2- What type of cases do you enjoy defending the most and why?**

I enjoy cases that involve defending Charter rights because they get to the heart of fairness and justice. Whether it's protecting someone wrongly accused or helping a person move forward after a mistake, I value uncovering the human story behind the charges and ensuring their rights are upheld.

## **3- How did the practice of criminal law change you?**

Practicing criminal law has taught me to see people beyond their mistakes and to understand the struggles behind their choices. It's made me more compassionate, determined, and grateful for the chance to stand by people during their hardest moments.

## **4- What advice would you give to your younger self when you first started**

### **practising criminal law?**

I'd tell my younger self (who, let's face it, is basically still me) to embrace the learning curve and not worry about having all the answers right away. Ask questions, build relationships, and focus on why you started, to make a difference. And while "The Lincoln Lawyer" makes it look like a glamorous life of flashy cars and courtroom drama, the reality is more like figuring out the coffee machine while buried in paperwork!



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**5- Who is your role model/inspiration in criminal law?**

Cesare Beccaria inspires me for his stand against torture and capital punishment, advocating for fairness and humane justice

**6- How do you maintain work life balance and how do you deal with the stress of**

**the job?**

Maintaining work-life balance as a woman in the legal field can be challenging, but I make sure to set boundaries and carve out time for personal activities and family. To manage stress, I stay organized, break tasks into manageable steps, and lean on support from colleagues when needed. Finding that balance helps me stay focused and effective in both my personal and professional life.

**7- What do you do outside of the law?**

Outside of law, I love to travel, especially to Europe, where I enjoy exploring new cultures and cuisines. I'm also passionate about cooking, particularly Persian and Azerbaijani dishes, but I love experimenting with all kinds of foods. Hiking is another favorite pastime of mine; it's a great way to clear my mind and enjoy nature. I also make time to socialize, whether it's with friends or meeting new people. These activities help me recharge and keep a healthy balance in my life.