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### **MEMBER PROFILE QUESTIONS**

#### **INTRO :**

**Member Name :** Nemeë Bedar

**Year of Call :** 2023

**Region/City :** Ottawa and East Region

**Board position :** Recent Call Director (outside Toronto)

**Linkedin profile link :** <https://www.linkedin.com/in/nemeebedar/>

#### **QUESTIONS :**

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

I was drawn into the material by my 1L criminal law professor. He was a fantastic storyteller, and I found his class the most engaging (by light years).

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

Despite their difficult substance, I look forward to defending people accused of sexual assaults because you really have to get into the story. Preparation is key because often



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only the client and complainant are involved in the allegations. The proceedings are also really high stakes, which keeps me energized.

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

Gratitude is something I have tried to be mindful of and cultivate since my early 20s. However, since practicing criminal law, I find I am even more mindful of the things I have to be grateful for in my life.

### **4- If there is one thing only you would like to see change in criminal law, what would it be?**

Investments in infrastructure and resources that would address the root causes of offending. For example, more resources dedicated to supporting people going through mental health crises, people experiencing homelessness, and victims of abuse caught in cycles of violence. This might be more than one thing (or one very large, general thing).



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**5- What advice would you give to your younger self when you first started practising criminal law?**

You did not tell the person to offend. Ultimately, their conduct is on them.

**6- How do you deal with bad work days?**

I have a treat, like a piece of cake. Or I get outside for fresh air. Or I go to the gym. Or a combination of all three!

**7- What do you think of Zoom court?**

There is a happy medium to be found. Zoom for quick appearances or bail hearings scheduled on short notice is helpful. However, for more substantive appearances (like a plea) there is immense value in being in the same space as your client in the physical courtroom. That value can be hard to describe, but nothing beats face-to-face contact when the stakes are high.



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**8- Any embarrassing court story you're willing to share?**

In one of my first bail hearings, I made submissions about my client that I hadn't elicited evidence about. I didn't know I couldn't introduce new information during submissions without having a witness testify to it or filing materials setting out the information. I was very quickly taught that's not allowed.

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

My fellow criminal defence lawyers who continue to show up prepared and hold themselves to a high standard despite often feeling like our work is undervalued by Crowns, the court, and even our own clients.

**10- What's your favourite song?**

Kashmir by Led Zeppelin



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

I try and stick to an 8-hour workday as closely as possible. Sometimes that's not feasible (especially leading up to or during trials), however, I do my best to be as efficient as possible within those 8 hours. Anything that isn't finished and isn't urgent can wait until the next day.

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

I am an avid reader (I love fiction!) and a fitness enthusiast (yoga, weightlifting, and most recently Hyrox). I also love spending time with family and friends over meals, concerts, or new activities.