Criminal Lawyers' Association

MEMBER PROFILE QUESTIONS

INTRO :

Member Name : Lauren Stoddart

Year of Call : 2026

Region/City : Toronto, Ontario

Board Position : CLA Member - not on the Board

LinkedIn Page: https://www.linkedin.com/in/lauren-stoddart

QUESTIONS :

1- How did you get into criminal law?

I am very passionate about social justice and being the voice for the voiceless which is what steered me in the direction of criminal law. However, what brought me into the field was physically going to court, shadowing, and meeting people until I made enough connections to get hired.

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

I really enjoy working on Charter applications. Being in defence, a huge part of our job is protecting our clients' rights and advocating for this in terms of Charter violations is really rewarding.

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

I think one way the practice of criminal law has changed me as it has given me a different perspective on the city I live in and the people in it. I think it shines a light on people's differing circumstances and human experiences that may lead to their interaction with the criminal justice system.

4- How do you deal with bad work days?

One of the ways I deal with bad workdays is leaning on my colleagues. I have some great colleagues at my firm that are there to help problem-solve or just lend a listening ear. That goes for the defence bar as a whole. I've noticed that everyone is eager to connect and talk about the job and make jokes and try to keep it as light as possible; it really feels like a community.

5- What do you think of Zoom court?

I think there are pros & cons to Zoom court. I think in some circumstances it creates an accessibility to allow for lawyers to take on more files and appear in numerous jurisdictions in one day. As well as spend less time commuting to and from court houses allowing more time in the day to get work done. Also, for clients, it allows our clients a little more flexibility in their day when they may have jobs, families, or live far from a physical courthouse to attend their appearances virtually. However, I also feel as though some issues are best dealt with in person, face to face.

6- What do you do outside of the law?

Outside of the law/ the job I try to see friends as much as I can. I also love to get out from behind a desk and exercise as much as possible. Any time off I try to spend travelling or going home to Nova Scotia.