



Laura Mensch

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[Labour & Employment](#)

[Human Rights](#)

[OHS & Workers' Compensation](#)

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Laura is a highly experienced management-side labour and employment lawyer. She provides practical, timely and client-specific advice to employers in the areas of labour, employment, occupational health and safety and human rights law. Laura acts for a wide variety of employers in both federally and provincially regulated industries such as **health care and related health services**, energy, manufacturing, construction, information technology, and financial and professional services. She also acts for municipalities, private schools, government entities and regulators, and First Nations.

Laura has appeared before all levels of court in Alberta as well as before the Alberta Labour Relations Board, human rights tribunals and other administrative tribunals. She also provides strategic advice to clients in relation to workplace restructuring and mergers and acquisitions.

Prior to joining BLG, Laura practiced with another national law firm.

Experience

- Wood Canada Limited, as shareholder of Teshmont Consultants LP, in their acquisition by Stantec Consulting Ltd.

- Conducted numerous workplace investigations for public bodies and companies in relation to serious workplace conduct matters
- Provided labour and employment advice in relation to \$180M transaction
- Represented government entity in complex labour arbitration matter, which resolved.
- Representing a First Nation in unjust dismissal complaints and civil actions
- Defended a major corporation against an employee dismissal, with all claims dismissed on a procedural application.

Insights & Events

- Speaker, “Employment and Labour Considerations When Buying and Selling a Business,” Legal Education Society of Alberta, December 2019.
- Speaker, “Occupational Health and Safety Changes and Workplace Investigations,” Canadian Institute, June 2019.
- Panel Speaker and Paper, “Mental Health Issue in the Workplace,” Canadian Association of Counsel to Employers, September 2017.
- Webinar Presentation, “Changes to Alberta Employment and Labour Legislation,” CPHR Alberta, July 2017.

Beyond Our Walls

Professional Involvement

- Member, Law Society of Alberta
- Member, Canadian Bar Association
- Member, CACE (Canadian Association of Counsel to Employers)

Community Involvement

- Volunteer, CPHR Alberta
- Board Member, Westside Recreation Centre
- Past Board Member, Human Resources Association of Calgary
- Past Volunteer, Student Legal Assistance, University of Calgary
- Past Volunteer Instructor, Trial Advocacy, University of Calgary Law School
- Volunteer, Trails West Hockey Association

Awards and Recognitions

- Recognized in the 2025 edition (and since 2014) of *The Best Lawyers in Canada*® (Labour and Employment Law).
- Recognized in the 2025 edition (and since 2022) of *Chambers Canada* (Employment & Labour - Alberta).
- Recognized in the 2024 edition (and since 2018) of the *Canadian Legal Lexpert Directory* (Employment Law and Workplace Human Rights).
- Recognized in the 2023 edition (and since 2014) of *The Best Lawyers in Canada* (Labour and Employment Law).

- Recognized in the 2019 edition of Benchmark Canada (Labour and Employment).

Bar Admission & Education

- Alberta, 1999
- LL.B., University of Calgary, 1998
- Master of Public Administration, Queen's University, 1995
- BA (With Great Distinction), University of Lethbridge, 1991

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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 725 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.

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