



### **Jessica Forman – Forte Law**

The best compliments I get about my work are when clients refer their friends to me, saying they know they will be in good hands. Work is a central part of everyone's life and through my practice as an employment lawyer, litigator and workplace investigator, I am able to make a positive impact. I practice exclusively in the areas of employment law, and workplace and human rights. I focus on assisting employers and employees to solve their workplace problems.

I am originally from Southern California where I attended law school and practiced as a commercial litigator in a large U.S firm for several years. I relocated to Richmond, B.C. over 10 years ago with my husband and three kids and worked for a large regional firm in Vancouver for several years before deciding to focus my practice on employment law. I have spent the past six years working with employees and employers to avoid workplace

conflicts as well as assisting them with court actions when needed.

I love speaking about workplace issues and regularly conduct seminars on issues like harassment and workplace safety. I am a passionate facilitator of our firm's StandUP Teams™ program and really enjoy getting to know participants in the workshop style of training we deliver.

When I am not working, I spend a great deal of my time on the soccer pitch watching all three of my children play soccer in Richmond. I love traveling all over B.C. with my family, especially over to Tofino and all parts of Vancouver Island. I am also grateful to give back to our community on the Board of Jewish Federation of Greater Vancouver. I am also privileged to volunteer with Mamas for Mamas, a local organization which supports mothers and families in need.