



# TANNER MCINNIS

### ***Called to the Bar***

Nova Scotia – 2019

Ontario – 2017

***Firm/Company*** Cox & Palmer

***Areas of Practice*** Commercial Litigation, Insurance Litigation, Administrative Law, Intellectual Property & Technology Law

***Describe your professional experience to date*** After graduating from the University of Ottawa's Faculty of Law, I completed my articles as a law clerk to the judges of the Ontario Superior Court of Justice in Ottawa. I then served as a law clerk at the Federal Court of Canada before practicing law with a leading full-service law firm in Ottawa. In 2019, I moved to Nova Scotia and joined the litigation group at Cox & Palmer's Halifax office.

***Describe your current practice*** I maintain a broad commercial and civil litigation practice, including in the areas of insurance law, administrative law, and intellectual property and technology law.

***Describe the unique qualities you bring to your practice*** Having worked with and provided legal support to a number of judges over the years, I often approach and assess legal disputes from the decision-maker's perspective. This allows me to provide more creative, practical,



and results-driven legal solutions where appropriate. I also understand the importance of written advocacy and strong legal research and writing skills. With a background in editing, and as a former Editor-in-Chief of the Ottawa Law Review, I strive to communicate in a way that is clear, concise, and consistent. Words I live by: "Don't write so that you can be understood, write so that you can't be misunderstood."

***What activities and volunteer pursuits occupy your time?*** I have a deep interest in innovation within the legal sphere and how law firms can leverage technology to provide more effective and efficient legal services. Before moving to Halifax, I was a member of the Technology Committee of Ottawa's County of Carleton Law Association, and worked with the Committee to evaluate the technology needs of the local bar in order to provide information, resources, and opportunities that supported the provision of legal services and access to justice. I hope to advance similar

initiatives here in Halifax, whether on a large scale or at the individual level.

***What do you consider to be the greatest challenges facing young lawyers?*** The mindset that causes young lawyers to doubt their own accomplishments and capabilities, often referred to as the "Imposter Syndrome", can be a difficult challenge to overcome. This can be especially difficult for those within marginalized communities who may not see themselves represented among the majority. I firmly believe that it is because of young lawyers' unique backgrounds and life experiences — and not in spite of them — that they will flourish in this profession. The landscape is changing, and important conversations around diversity and inclusion within the legal workplace are happening. Now is the time for us to recognize and address the systemic obstacles that make it harder for some to overcome their feelings of self-doubt or that they do not belong.

***What words of wisdom do you have for new lawyers?*** Find people that you can reach out to — whether they are friends, family, colleagues, lawyers in the community, or community groups — that share your core values. It is important to regularly ground yourself: it will not only improve your mental health, but will also help you achieve your personal and professional goals.

***What are your goals for your career as you become a more seasoned lawyer?*** I have always enjoyed developing new skills and techniques, and learning novel and innovative ways to accomplish everyday tasks. As I become a more seasoned lawyer, I hope to continue to do so and broaden my experience. I also look forward to giving back to the community and providing support and guidance, legal or otherwise, to those in need.