



Sarah Firestone

Associate, Disputes; Competition, Trade and Foreign Investment

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Toronto

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Bar Admission: Ontario, 2020

Areas of Expertise

- [Foreign Investment Review](#)
- [Government and Public Sector](#)
- [Anti-corruption and Bribery](#)
- [Government Investigations and](#)
- [White-Collar Defence](#)
- [Regulatory Investigations](#)
- [Disputes](#)
- [Corporate and Securities Disputes](#)
- [Competition/Antitrust](#)
- [Domestic and International](#)
- [Arbitration](#)
- [International Trade](#)
- [Risk Management and Crisis](#)
- [Response](#)

Sarah is an associate practicing in Osler’s Competition, International Trade and Foreign Investment, and Disputes Groups. She advises Canadian and multinational clients on a range of international trade matters, including trade remedy proceedings, customs and cross-border regulatory issues, economic sanctions, export controls compliance, and dispute settlement and negotiations under trade and investment agreements.

Sarah draws on her knowledge of international law as well as her disputes and risk management experience to provide valuable business advice to clients.

As a trusted advisor, Sarah’s experience includes representing clients in domestic and international commercial arbitrations, investor-state arbitrations, trade remedy proceedings, complex commercial and civil litigation, government and internal investigations, enforcement proceedings, and compliance and governance reviews. She has also served in a regulatory capacity on secondment to the Enforcement Branch of the Ontario Securities Commission, in the International Arbitration practice of a major global law firm in Paris, and has completed a summer clerkship at the Ontario Superior Court of Justice.

Sarah received her Juris Doctor from the University of Toronto, her Master of Science in Global Governance and Diplomacy from the University of Oxford, and Bachelor of Arts (Honours) in International Development Studies from McGill University. She also completed the Delos Advanced Oral Advocacy Training Program in International Arbitration and the Certificate in Public International Law at The Hague Academy of International Law, where she studied on scholarship.

Awards and Recognition

- The Edward and Emily McWhinney Foundation Scholarship to attend The Hague Academy of International Law
- Women’s Law Association of Ontario/Torkin Manes LLP Trailblazer Award for her leadership role in promoting women in business, legal expertise and business acumen, and having an entrepreneurial spirit

Community Involvement

- Vice-President – Communications (2025), Chair – Policy and Advocacy Committee on Executive Board (2022-2024), Board of Directors (2021-2025), Events Committee Member (2020-2022), Young Canadian Arbitration Practitioners (YCAP)
- Arbitration Advisor at LexisNexis Practical Guidance
- Moot Coach (2020-2022), Willem C. Vis International Commercial Arbitration Moot Team at Osgoode Hall Law School
- Volunteer Judge, McGill Moot Court Invitational Tournament (2021)

Credentials

Education

- University of Toronto, J.D.
- University of Oxford, M.Sc.
- McGill University, B.A. (First Class Honours)

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Languages

- English
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Professional Affiliations

- Law Society of Ontario

- Women's White Collar Defense Association
- Young Canadian Arbitration Practitioners