



Sheila R. Block, C.M.

PARTNER

Sheila Block is one of the most recognized litigators in Canada. The depth of her experience, the exceptional quality of her advocacy skills, and her dedication to clients' interests make her a highly sought-after advocate across all manner of disputes.

CONTACT

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Overview

Sheila is a senior trial and appellate counsel with a broad civil litigation practice, including corporate/commercial and securities litigation, intellectual property, defamation and administrative law cases. She has appeared as counsel at all levels of court in Canada and before international arbitrations and other tribunals.

Sheila is the former chair of Torys' Litigation and Dispute Resolution Practice and a former chair of Torys' Executive Committee.

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She is absolutely excellent and one of Canada's premier litigators.

—CHAMBERS CANADA, 2024

Featured Work

Independent third-party investigation into allegations of workplace harassment

Torys acted as counsel to The Green Party of Canada in an investigation into allegations of workplace harassment by three former employees against the Party's leader Elizabeth May

Canadian Judicial Council Inquiry under the Judges Act

Torys acted as counsel to Associate Chief Justice Lori Douglas in a complaint brought before the Canadian Judicial Council

Chippewas of Mnjikaning First Nation v. Chiefs of Ontario

Torys acted as counsel to Chiefs of Ontario and Ontario First Nations LP in successfully defending a claim brought by Mnjikaning First Nation in which it sought to secure a preferential share of the proceeds from Casino Rama, a commercial casino operated by Ontario Lottery and Gaming Corporation on Mnjikaning First Nation's reserve lands

Justice Donald McLeod in the successful dismissal of a complaint before the Ontario Judicial Council

Nortel U.S. group of companies on all Canadian law matters relating to its cross-border restructuring proceedings under the Companies' Creditors Arrangement Act and Chapter 11 of the U.S. Bankruptcy Code, the sales of its business and assets in a series of auctions, and the ground-breaking global settlement of a dispute over apportionment of more than US\$7 billion of net sales proceeds

a major Canadian railway in an action before the Ontario Superior Court against a competitor and other named individuals concerning the theft and misuse of its confidential and proprietary information, and a motion for injunctive relief in the context of that action to prevent the further misuse of the confidential information

Manulife Financial in its successful defence at trial of a class action in Ontario commenced by Manulife's former Barbados policyholders concerning benefits related to Manulife's demutualization, and in resisting an appeal of the trial decision before the Ontario Court of Appeal and an application for leave to appeal to the Supreme Court of Canada

three major Canadian financial institutions in two class actions in Ontario concerning the involvement of participating accounts in the financing of an acquisition

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Recognition and Awards

2024	Canadian Law Awards—Lifetime Achievement in the Legal Profession: Private Practice
2022	Appointed as a member of the Order of Canada
2016-2025	<i>Chambers Canada</i> —Senior Statesperson in dispute resolution: class action (defence), litigation: general commercial (Ontario) and dispute resolution: arbitration
2008-2024	<i>Chambers Global</i> —Leading lawyer in dispute resolution: litigation (Ontario), arbitration and class action (defence)
2014-2025	<i>The Legal 500</i> —Hall of Fame in dispute resolution: Ontario
2014-2025	<i>Benchmark Canada: The Definitive Guide to Canada's Leading Litigation Firms and Attorneys</i> —Litigation Star (securities, arbitration, product liability, class actions, commercial, IP and international arbitration)

2021	<i>Best Lawyers in Canada</i> —Director and Officer Liability Practice Lawyer of the Year in Toronto
2006-2025	<i>Best Lawyers in Canada</i> —Leading lawyer in administrative and public law, bet-the-company litigation, class action litigation, corporate and commercial litigation, defamation and media law, director and officer liability practice, international arbitration, legal malpractice law and securities law
2008-2024	Lexpert/American Lawyer's <i>Guide to the Leading 500 Lawyers in Canada</i> —Leading lawyer in class action litigation, arbitration, corporate commercial litigation, directors' and officers' liability and securities litigation
2008-2024	<i>The Canadian Legal Lexpert Directory</i> —Leading lawyer in class actions, professional liability, commercial arbitration, corporate commercial litigation, directors' and officers' liability litigation, securities litigation, public law litigation, defamation and media litigation, product liability litigation, commercial insurance litigation and intellectual property litigation
2010-2022	<i>Who's Who Legal</i> —Thought leader in commercial litigation, Global and National leading lawyer in commercial litigation
2018-2019	<i>Benchmark Canada: The Definitive Guide to Canada's Leading Litigation Firms and Attorneys</i> —Top 50 Trial Lawyers in Canada
2014-2019	<i>Benchmark Litigation</i> —Top 25 Women in Litigation (Canada)
2019	<i>Best Lawyers in Canada</i> —Corporate and Commercial Litigation Lawyer of the Year (Toronto)
2018	<i>Best Lawyers in Canada</i> —Class Action Litigation Lawyer of the Year (Canada) and Director and Officer Liability Practice Lawyer of the Year (Toronto)
2018, 2016	<i>Benchmark Litigation</i> —Trial Lawyer of the Year (Canada)
2018	Lexpert/Thomson Reuters' <i>Guide to the Leading U.S./Canada Cross-Border Corporate Lawyers in Canada</i> —Most frequently recommended in dispute resolution
2015	<i>Best Lawyers in Canada</i> —Corporate and Commercial Litigation Lawyer of the Year (Toronto)
2015	Law Society of Upper Canada—Honourary LLD
2014	<i>Benchmark Litigation</i> —Litigator of the Year (Ontario)

2014	University of Ottawa—Honourary LLD
2013	<i>Benchmark Litigation</i> —Lifetime Achievement Award
2012	<i>Best Lawyers in Canada</i> —Bet-the-Company Litigation Lawyer of the Year (Toronto)
2012	University of Ottawa—Meritas Tabaret Award
2008	The Advocates’ Society—The Advocates’ Society Medal
2006	Law Society of Upper Canada—Law Society Medal
2006	Ontario Bar Association—Award for Excellence in Civil Litigation
2004	Toronto Lawyers’ Association Award of Distinction
2003	University of Ottawa—Common Law Honour Society
1999	Laidlaw Medal for Advocacy
1991	American College of Trial Lawyers—Fellow

News

23 Torys litigators recognized in the 2025 *Benchmark Litigation* guide

This recognition is a testament to our lawyers’ considerable achievements and impact on the legal landscape.

The Legal 500 recognizes 68 Torys lawyers and 27 practice areas in 2025 edition

Seven Torys lawyers were also listed in the 2025 Hall of Fame.

81% of Torys’ Canadian partners ranked by *Chambers Canada*

We are pleased to share that 130 Torys partners and 38 of our practice areas have been recognized in this year’s guide, including 15 Band 1 rankings.

179 Torys lawyers recognized in the 2025 Best Lawyers guide

Celebrating Sheila Block

Torys recognized with five accolades at the 2024 Canadian Law Awards

Sheila Block receives the Lifetime Achievement Award at the Canadian Law Awards

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Professional Involvement

Sheila has spoken and written extensively on advocacy and civil litigation. Her publications include the Canadian edition of Steven Lubet’s *Modern Trial Advocacy*. Sheila has also taught advocacy for the National Institute for Trial Advocacy in Canada, the United States, England, Scotland, New Zealand and El Salvador, as well as for the U.N. War Crimes Tribunal in Rwanda and the Special Court in Sierra Leone. She has also conducted advocacy programs for the Foundation for International Arbitration Advocacy in Switzerland, France, England, Brazil, India and Singapore. She has participated in advocacy demonstrations at conferences, including the Cambridge lectures in Cambridge, England; the Canadian Bar Association Annual Meeting in London, England; the Advocacy Symposium in Toronto, Ontario; and the Institute for Continuing Legal Education in Ann Arbor, Michigan. She has taught an intensive advocacy course at the University of Toronto Law School and has taught in the LLM program in litigation offered by the Osgoode Hall Law School.

Sheila is a Trustee and the Former President for the Harold G. Fox Foundation, the Chair for the Touching Tiny Lives Foundation and a Trustee for the Foundation for International Arbitration Advocacy in Geneva. She is also on the President’s Council for the University of Ottawa, and the Advisory Board for the Program on Ethics, Business and the Law at University of Toronto Law School. As well, she was the former director for the Canadian Civil Liberties Association.

Sheila is a member of The Advocates’ Society; the Supreme Court Advocacy Institute, National Advisory Committee; the President’s Council, University of Ottawa; the American College of Trial Lawyers (Fellow, 1991); the International Society of Barristers (Fellow, 1992); and the Commercial Bar Association of England (honorary member).

Sheila has been recognized by appointment as a member of the Order of Canada.

Education and Bar Admissions

Education

LLB (Gold Medalist), 1972

University of Ottawa

BA (Honours), 1969

Carleton University

Bar Admissions

Ontario, 1974