



Manel Atserias Luque

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About me:

I am a European lawyer from Barcelona, a member of the [International Bar Association Wellbeing Task Force](#), and a mental health activist.

My legal research focuses on analysing the International & European Human Rights Law (especially in disability, sports, and business fields) and the case law of the Court of Justice of the European Union and the European Court of Human Rights regarding these topics. I am paying particular attention to the implementation of the UN Convention on the Rights of Persons with Disabilities (CRPD) and the development of the UN Guiding Principles on Business and Human Rights at the European level.

I am currently an external legal advisor of the Federation of Catalan Entities of Mental Health in First Person (VEUS Federation). Furthermore, I am the founder of saludmentalabogacia.com, a Spanish platform which shows what other jurisdictions are doing to promote lawyers' mental health. Still, I am also looking for new international legal challenges. For this reason, I will be delighted to explore potential collaborations if you have a proposal for me.

No more silence

At the end of 2010, I was diagnosed with severe Obsessive-Compulsive Disorder. This mental health problem disabled me from doing anything. Some doctors were surprised when I told them I was studying in the third year of my law degree. "How is it possible that you are at university with these crippling OCD symptoms? I recommend you to take a rest," one doctor said.

I rejected his proposal immediately because I needed to study to be alive. Of course, it was impossible to follow the rhythm of my classmates because of the obsessive-compulsive pervasive relationship, but studying Law was a powerful reason to wake up every morning and continue with my life.

After fighting for over a decade, thanks to my doctors, family, and friends, I can lead a functional life. Although I still take drugs (much less than a few years ago), and sometimes OCD bothers me, I have recovered the passion and energy for living and learning from others.

From the beginning, I decided to make my mental health condition public. LinkedIn was my first platform. My parents and friends were concerned about this open position because of the enormous stigma surrounding mental health. At that time, I wanted to do it because I needed to express my feelings which they had been silenced for years. It was like a demonstration of freedom—no more silence. I was willing to accept the consequences of spreading the message.

The truth is that I don't regret my past actions in this regard. I'd do it again. I may have lost opportunities, or some people were away from me. But believe me...When someone has reached rock bottom in a specific moment of his/her life, every day that passes is a blessing.



WORK EXPERIENCE

01/07/2022 – 31/12/2022 Barcelona, Spain

EXTERNAL LEGAL ADVISOR FEDERATION OF CATALAN ENTITIES OF MENTAL HEALTH IN FIRST PERSON (VEUS FEDERATION)

- Legal advice during meetings of the Mental Health Rights Observatory
- I carried out four training workshops for federal entities and prepared materials corresponding to each subject. The topics are the following:

- a) Rights and guarantees in the context of an involuntary placement due to a mental disorder.
- b) Mechanical coercion.
- c) Support measures. The assistant figure in Catalonia.
- d) Compatibility of benefits for total permanent incapacity.

Business or Sector Human health and social work activities

26/04/2022 – CURRENT Barcelona, Spain

INTERNATIONAL SPEAKER SELF-EMPLOYED

Considering my experience in the field of legal professionals' mental health, I created the platform "saludmentalabogacia.com" to show what other jurisdictions are doing on this topic. While I am looking for permanent positions in some particular organisations, I am participating in conferences on mental health and human rights.

Website <https://saludmentalabogacia.com/>

20/10/2021 – 28/02/2022 Barcelona, Spain

LEGAL ADVISOR FEDERATION OF CATALAN ENTITIES OF MENTAL HEALTH IN FIRST PERSON (VEUS FEDERATION)

- Legal advice and management of the Rights Observatory on Mental Health. We advocate for the human rights model of disability (UN Convention on the Rights of Persons with Disabilities).
- Preparing educational materials regarding the rights of persons with mental health problems.
- Defending people with mental health problems' rights who are being placed involuntarily and receiving forced treatment.

* Video attached: I participated, on behalf of the VEUS Federation, in the "Mental Health and (Dis)ability 2021 Forum. Equality and Social Rights", which was broadcasted in streaming on *La 1* (one of the most critical public TV channels in Spain) (*Spanish*, minute 43:41)

Business or Sector Human health and social work activities | **Website** <https://veus.cat/es/inicio/>

Link <https://www.youtube.com/watch?v=DITi3eUVmKc>

01/10/2020 – 31/01/2021 Madrid, Spain

CULTURE & WELLBEING ADVOCATE AMBAR PARTNERS

- I designed the basis of the Corporate Social Responsibility of the law firm based on the 10 United Nations Global Principles and the 17 Sustainable Development Goals.
- I promoted the firm's adherence to the United Nations Global Compact and the General Counsels' "Oath".
- I maintained a fluid relationship with the media to explain our CSR policy (especially concerning the mental health of the legal profession).

Business or Sector Other service activities

27/08/2017 – 15/05/2020 Barcelona, Spain

FOUNDER & PRESIDENT INSTITUTO DE SALUD MENTAL DE LA ABOGACÍA – MENTAL HEALTH INSTITUTE OF LEGAL PROFESSIONS

- I founded this non-profit organisation to fight mental health stigma among legal professionals and humanise the profession.
- I promoted the first [Study on Spanish Lawyers' Health and Well-Being](#), the approval of the [Healthy Business Charter](#) (signed by the General Council of Spanish Lawyers) and the holding of the [first Spanish Lawyers' Well-Being Week](#).
- I recruited different experts in the legal sector, both nationally and internationally, to join the project. The organisation also received official support from the Official College of Psychology of Catalonia, the Junior



Lawyers Division of the Law Society of England and Wales and the National Task Force on Lawyer Well-Being in the USA.

- I participated in several conferences and congresses, both national and international. Among others, it should be noted the following: the IV Congress of Catalan Lawyers (Tarragona, 2018), the XII Congress of Spanish Lawyers (Valladolid, 2019), The Futures of Legal Education and Practice Annual Conference (Milton Keynes, London, 2020); and the American Bar Association Commission on Lawyer Assistance Programs (online, 2021).

- I wrote several newspaper articles to explain the organisation's activities and projects (attached links).

Business or Sector Human health and social work activities

Links https://cincodias.elpais.com/cincodias/2021/02/15/legal/1613422258_687954.html | <https://www.lawyerpress.com/2021/02/15/a-favor-de-conciliacionabogacia/> | <https://www.eljurista.eu/2021/02/08/pongamos-fin-a-la-precariedad-de-la-abogacia/> | <https://www.lawyerpress.com/2020/09/10/llamamiento-a-la-comunidad-legal-espanola/> | <https://elderecho.com/la-salud-mental-la-abogacia-tabu-debemos-romper-urgencia> | <https://idealex.press/bienestar-y-abogacia-un-negocios-saludables/> | <https://www.lawyerpress.com/2019/04/09/manel-atserias-luque-nos-sorprenderiamos-hasta-que-punto-los-problemas-de-salud-mental-y-adicciones-afectan-la-vida-de-las-abogadas-y-abogados/> | https://cincodias.elpais.com/cincodias/2019/05/07/legal/1557214436_693813.html | https://confilegal.com/20190213-ya-no-hay-excusas-para-proteger-el-bienestar-emocional-del-abogado/?doing_wp_cron=1622742227.7543020248413085937500 | https://cincodias.elpais.com/cincodias/2019/01/04/legal/1546598214_748889.html | <https://idealex.press/manel-atserias-luque-salud-mental-materia-olvidada/>

15/11/2017 – 25/06/2018 Barcelona, Spain

LEGAL ADVISOR FEDERATION OF CATALAN ENTITIES OF MENTAL HEALTH IN FIRST PERSON (VEUS FEDERATION)

- I created explanatory guides on the resources available to people with mental health problems to defend their rights.

- I participated in creating and developing the Rights Observatory on Mental Health.

- I participated in the elaboration of the [legal report of the organization regarding the public consultation on the reform of civil and procedural legislation on disability](#) (in Spanish) published by the Ministry of Justice, published on April 9, 2018.

10/11/2014 – 25/07/2017 Barcelona, Spain

LEGAL ADVISOR

- I handled, on my own business, a case of coaching qualifications affecting more than 8,500 Catalan basketball coaches in Catalonia.

- I published several articles on Sports Law on the Iusport platform in order to inform about all the developments in the case.

- I prepared two legal reports on the case, sending the [second one](#) (in Spanish) to the representatives of the Institutional Affairs Committee of the Parliament of Catalonia.

Links <https://iusport.com/art/44366/el-caso-de-las-titulaciones-federativas-de-baloncesto-en-cataluna-queda-resuelto-definitivamente-por-el-tc> | <https://iusport.com/art/14700/profesiones-del-deporte-de-todo-menos-seguridad-juridica> | <https://iusport.com/art/7270/sobre-el-conflicto-de-los-entrenadores-de-baloncesto-de-cataluna> | <https://iusport.com/art/6493/la-comision-del-parlament-propone-exonerar-a-los-tecnicos-de-regularizar-sus-titulaciones>

● EDUCATION AND TRAINING

14/09/2021 – 01/10/2022

INTERNATIONAL MASTER IN FOOTBALL LAW Sports Law Institute

MODULE 1. Football Institutions

MODULE 2. Agents and Intermediaries

MODULE 3. Taxation of football

MODULE 4. Regulations on the Status and Transfer of Players

MODULE 5. Financial Fair Play

MODULE 6. Dispute resolution

MODULE 7. Other aspects of football law

MODULE 8. LATAM specialities



MODULE 9. Leadership and negotiation

Website <https://sportslawinstitute.com/> | **Field of study** Sports Law, Business, administration and law |

Final grade Excellent

15/09/2021 – 15/10/2021

DIPLOMA OF CORPORATE SOCIAL RESPONSIBILITY IN SPORT Johan Cruyff Institute

MODULE 1. Origin and conceptual framework of CSR
MODULE 2. CSR and stakeholders in the world of sport
MODULE 3. Organisation and implementation of CSR
MODULE 4. CSR reporting
MODULE 5. Sponsorship
MODULE 6. Communication and corporate reputation

Website <https://johancruyffinstitute.com/en/> | **Field of study** corporate social responsibility

15/06/2021 – 15/07/2021

DIPLOMA OF SPORTS LAW Johan Cruyff Institute

MODULE 1. Sports Organisation
MODULE 2. Football Employment Contracts
MODULE 3. FIFA Transfer System
MODULE 4. FIFA Disciplinary Proceedings
MODULE 5. Doping
MODULE 6. Alternative Dispute Resolution

Website <https://johancruyffinstitute.com/en/> | **Field of study** Business, administration and law

25/09/2015 – 15/07/2018

ADVANCED MASTER'S IN LEGAL SCIENCES Pompeu Fabra University

- I participated in the "Comparative, International, and European Law" programme at the University College Dublin Sutherland School of Law. Subjects: Law of the ECHR, Victims, Law and Governance of the EU.
- The Advanced Master's in Legal Sciences focuses on initiation to research and professional development in each of the main legal disciplines. It is an advanced and general master's degree in Law that offers cross-disciplinary content in all the most critical legal disciplines, with a strong international and comparative perspective.

According to my interests, I selected the following courses:

- Constitutional Law and Globalization
- European Constitutionalism and Fundamental Rights (I participated in a Moot Court organised by the Department of Constitutional Law at Pompeu Fabra University).
- Advanced Course on Tort Law
- *Integración supranacional, democracia y transformaciones constitucionales.*
- Global Law, Justice, and Democracy
- *Negociación jurídica: técnicas y habilidades*
- International Business Transactions
- Law of the ECHR
- Victims
- Law and Governance of the EU.

Website <https://www.upf.edu/web/masterdret/about-this-master> | **Field of study** Law |

Thesis Involuntary placement and forced treatment in the light of the United Nations Convention on the Rights of Persons with Disabilities



25/09/2008 – 15/09/2014

BACHELOR OF LAWS Pompeu Fabra University

- University internship programme in the judicial offices of Catalonia (Centre for Legal Studies and Specialised Training of the Department of Justice of the Generalitat de Catalunya). Duration: February-April 2012 (50 teaching hours). Specialisation: Administrative Law and Contentious-Administrative Jurisdiction. Grade: 10/10

Website <https://www.upf.edu/web/graus/grau-dret> | **Field of study** Business, administration and law |

Final grade 7

LANGUAGE SKILLS

Mother tongue(s): **SPANISH** | **CATALAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	C1	C1	C1	C1
FRENCH	A1	A1	A1	A1	A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

ADDITIONAL INFORMATION

COURSES

05/09/2022 – 09/09/2022

Summer Programme on The Governance of Sport and Human Rights

19/03/2022 – 19/03/2022

WHO QualityRights e-training on mental health

Module 1. Human Rights
 Module 2. Human Rights, Mental Health, and Disability
 Module 3. Legal Capacity and the Right to Decide
 Module 4. Ending Coercion, Violence and Abuse
 Module 5. Quality Services and Community Inclusion
 Module 6. Mental Health, Well-Being, and Recovery

PUBLICATIONS

[Ya no hay excusas: Equal Pay en las selecciones nacionales españolas](#) – 2022

Iusport

[La afición europea lanza la campaña «Win It On The Pitch» para salvar el fútbol](#) – 2022

Leadership Woman Football Academy Blog

[Equal Pay en las selecciones nacionales de fútbol](#) – 2021

Leadership Woman Football Academy Blog

[El CSD, único responsable de que no haya aún Liga Femenina Profesional](#) – 2021

Iusport



[¿Qué está pasando con la futura Liga Femenina de Fútbol Profesional?](#) – 2021

Futboleras.es

[La salud mental de l@s futbolistas profesionales](#) – 2021

lusport

[El activismo de los deportistas de élite en salud mental](#) – 2021

lusport

[Seguid el ejemplo de Coca Cola y eliminaréis la injusta brecha de género en los despachos](#) – 2021

Cinco Días (El País)

[A favor de #ConciliaciónAbogacía](#) – 2021

Lawyerpress

[Pongamos fin a la precariedad de la abogacía](#) – 2021

El Jurista

[Llamamiento a la Comunidad Legal Española](#) – 2020

Lawyerpress

[Bienestar y abogacía: ¿un negocio saludable?](#) – 2019

Idealex.press

[A por una 'Carta de los Negocios Saludables' en el sector legal](#) – 2019

Cinco Días (El País)

[Nos sorprenderíamos hasta qué punto los problemas de salud mental y adicciones afectan la vida de las abogadas y abogados](#)

– 2019

Lawyerpress

[Ya no hay excusas para proteger el bienestar emocional del abogado](#) – 2019

Confilegal

[Aprendamos de los anglosajones: reconocer el problema y buscar soluciones](#) – 2019

Cinco Días (El País)

[Evolución de la situación jurídica de la mujer casada en el ámbito del Derecho Privado.](#) – 2018

Abstract

The feminist movement, in its different perspectives, has been fundamental in the fight against the patriarchy. This system of power limited women's ability to act through two legal-private institutions: parental authority and marriage. Law No. 14/1975 and the Spanish Constitution put an end to a relationship of subordination that lacked justification in accordance with Natural Law and Reason.

ELSA Spain Law Review 3rd Edition

[El caso de las titulaciones federativas de baloncesto en Cataluña queda resuelto definitivamente por el TC](#)

– 2017



Iusport

[Why do I defend the resistance theory?](#) – 2017

Abstract

Unlike engagement and convergence postures, the resistance theory has full constitutional legitimacy. American courts (especially the U.S. Supreme Court) should never use and cite foreign law or foreign judicial decisions to interpret the meaning of the Constitution of the United States. The main reason to defend this assertion is logical: these foreign materials do not have democratic legitimacy. American people have not elected either those lawmakers or judges from other countries. Therefore, their legislation or judgments are irrelevant.

ELSA Spain Law Review

[La materia olvidada de la abogacía española](#) – 2017

Idealex.press

[Profesiones del deporte: de todo, menos seguridad jurídica](#) – 2016

Iusport

[Sobre el conflicto de los entrenadores de baloncesto de Cataluña](#) – 2015

Iusport

[La Comisión del Parlament propone exonerar a los técnicos de regularizar sus titulaciones](#) – 2015

Iusport

[Los entrenadores catalanes de baloncesto no pasarán por el aro](#) – 2015

Iusport

CONFERENCES AND SEMINARS

28/11/2022 – 02/12/2022 – Washington DC (online)

Riding the Arbitration Bicycle: The Importance of Achieving Balance in Your Arbitration Career -

Event: 3rd Edition Washington Arbitration Week (2022)

- Organiser: Washington Arbitration Week

- Language: English

Links <https://washingtonarbitrationweek.com/wp-content/uploads/2022/11/WAW2022-BROCHURE-1.pdf> | <https://washingtonarbitrationweek.com/>

24/11/2022 – 24/11/2022 – Sant Boi de Llobregat, Barcelona

Working or not working, how does it affect mental health? - Event: Commemorative day for the 20th anniversary of the network of technical labour offices in the province of Barcelona.

- Organiser: Barcelona Provincial Council

- Language: Catalan

Link https://www.diba.cat/documents/368808700/0/Programa_OTL_23_24.pdf/b439159b-5674-677b-2163-f1e5331044c4?t=1668518255096

07/10/2022 – 07/10/2022 – Tortosa (Spain)

Human Rights and Mental Health - Event: VI Mental Health Nursing Congress

- Organiser: Mental Health Nursing Catalan Association

- Title of the conference: The same old rights: new demands

- More information: I had the opportunity to introduce Dr Michelle Funk (World Health Organisation Unit Head of Policy, Law and Human Rights), who presented the Quality Rights initiative.

Link <https://ccism.ascisam.cat/>

02/06/2022 – 02/06/2022 – Barcelona

Living with justice - Title of the conference: "Committing to Restorative Justice"



- Location: Fundació Pere Tarrés
- Description: In the programme that we propose for this second edition, we present the model that Restorative Justice has been promoting and applying for some decades, and despite being far from being widely used, there are more and more justice professionals who believe that this other justice is possible and offers good results.
- Language: Catalan

Link <https://afatrac.org/2-de-juny-ii-jornada-justa-ment/>

19/05/2022 – 19/05/2022 – Online

Mental Health in the Legal Profession - Organiser: Campus Legal de la Fundación Mutualidad de la Abogacía

- Language: Spanish

Link https://www.youtube.com/watch?time_continue=376&v=90klQ45lNzk&feature=emb_title

28/04/2022 – 28/04/2022 – Madrid

The main challenge of business law firms: taking care of their lawyers - Event: 2022 Madrid Spring Meeting,

- Organiser: The New York State Bar Association
- Description: I was the keynote speaker of this event. I had the opportunity to expose the results of the "Mental Well-Being in the Legal Profession: A Case Study, " promoted by the International Bar Association Presidential Task Force on mental wellbeing in the legal profession.
- Language: English

Link <https://nysba.org/events/2022-madrid-spring-meeting/>

27/04/2022 – 27/04/2022 – Alicante

The mental health of the trench and business lawyers: problems and solutions - Organiser: Alicante Young Lawyers' Association

- Language: Spanish

23/03/2022 – 23/03/2022 – Barcelona

Mental health in times of pandemic: an emerging challenge for public health policy - Organiser: Ateneu Barcelonès

- Description: The covid-19 pandemic has impacted the population's mental health, especially among teenagers and young people. What have been the consequences of the pandemic on mental health? What health policies does the current situation call for?
- Language: Catalan
- Minute: 47:40 - 1:11:22

Link <https://www.youtube.com/watch?v=z0ndn8FBv74>

11/11/2020 – 11/11/2020 – Online

Opening Plenary: Well-Being Across the C's: Coups, Catches, and Challenges in the Developing Global Legal Well-Being Movement - Title of the conference: Cultivating Agility and Resilience in Times of Change. 2020 National Conference for Lawyer Assistance Programs

- Organiser: The American Bar Association Commission on Lawyer Assistance Programs
- Language: English

Link https://www.americanbar.org/content/dam/aba/events/lawyer_assistance/colap-2020-conference-brochure.pdf

06/02/2020 – 06/02/2020 – Barcelona

Breaking new grounds in the judicial system - Title of the conference: "Just-Mind. Rethinking Justice - Mental Health".

- Location: Centre for Legal Studies and Specialised Training of the Department of Justice of the Generalitat of Catalonia.
- Organisers: Afatrac Association in collaboration with the CORE Mental Health of the Autonomous University of Barcelona.
- Language: Catalan

Link https://www.uab.cat/Document/619/774/Justa-Ment_Programa.pdf



31/01/2020 – 31/01/2020 – Milton Keynes (London)

The Futures of Legal Education and Practice Annual Conference 2020 - Location: The Open University Law School

- Organisers: The Open University Law School and Legal Education Research Network (LERN)

- Description: I was one of the keynote speakers at this event. I explained the main challenges the Spanish legal community face regarding mental health issues.

- Language: English

Links <https://www.lawyerpress.com/2020/02/13/el-isma-mhilp-consolida-sus-alianzas-en-reino-unido/> | <https://law-school.open.ac.uk/events/the-futures-of-legal-education-and-practice-annual-conference-2020>

14/11/2019 – 14/11/2019 – Madrid

Presentation of the Healthy Business Charter - Location: General Council of Spanish Lawyers

- Descripción: The Healthy Business Charter (HBC) is a statement of intent to eliminate unnecessary causes of stress in the workplace and promote better mental health and well-being of legal professionals. The HBC identifies five areas of action, namely: reconciling personal and family life with work; dignifying and humanising the legal profession; training lawyers and other firm staff; promoting healthy habits, and promoting equality in the legal professions.

This charter has two primary target audiences: business law firms and corporate legal departments. However, it is essential to enlist the support of other actors in the legal sector (institutional lawyers, law schools, and legal associations and foundations).

- Language: Spanish

Link https://cincodias.elpais.com/cincodias/2019/11/14/legal/1573747356_169956.html

10/05/2019 – 11/05/2019 – Valladolid

Wellbeing and Legal Profession - Event: XII Congress of Spanish Lawyers

- Description: The legal profession is a profession that, in its long history, has demanded intense and constant dedication from its professionals. Due to its unique professional make-up, the legal profession has had very disparate systems for covering the needs of its professionals. Various studies point to the need to attend to the specific needs of those in the profession, particularly those related to their health, in the term's broadest sense. Personal and family reconciliation measures and the improvement of professional management systems are just some of the issues under discussion.

Link <https://www.formacionabogacia.es/course/view.php?id=344>

14/11/2018 – 14/11/2018 – Girona

Conference on the mental health of legal professionals - Location: Faculty of Law, University of Girona.

- Organiser: Faculty of Law, University of Girona

- Description: Legal professionals are often under a great deal of pressure due to the cases they handle, the deadlines, the relationship with other legal operators, etc. Sometimes, stress, anxiety and commitment are not well managed and end up leading to serious problems that affect psychological well-being. Some of these problems originate when jurists are still students. These are issues that have traditionally received little attention and are often ignored or hidden as if they were taboo. What are the occupational risks faced by legal professionals in this respect? Are universities prepared to prevent these problems? What is being done and what can be done about them? How can the tensions in the profession be managed?

Link <http://www.udg.edu/en/udg/detall-activitats/eventid/3496>

06/10/2018 – 06/10/2018 – Madrid

Well-being in law firms: a step towards productivity - Location: ESADE Business & Law School

- Organisers: ESADE and Wolters Kluwer.

Link https://cincodias.elpais.com/cincodias/2018/11/12/legal/1542009928_617178.html

27/09/2018 – 28/09/2018 – Tarragona

Balance in the profession: Emotional wellbeing in the practice of law - Event: IV Congress of Catalan Lawyers.

- Organiser: Catalan Bar Council

- Language: Catalan

07/07/2017 – 09/07/2017 – San Francisco (US)

Access to Proper Treatment: An International Perspective - I participated in the 24th Annual OCD Conference, organised by the International Obsessive Compulsive Disorder Foundation.



- Description: Four OCD advocates from around the world discuss common struggles regarding access to proper care- including common barriers and pitfalls such as cost, misconceptions of OCD, lack of training and knowledge, and stigma. Personal struggles and advocacy work will be shared as well. In addition, we will open up the floor to the audience to share their own treatment journeys as well as pose the questions: What would an ideal mental healthcare system look like for people with OCD, and how can we as an international community promote and support that?

- Language: English

HONOURS AND AWARDS

31/01/2022

Nominated at Reed Smith Award for Excellence in Well-Being in Law – Institute for Well-Being In Law
Only Spaniard nominated for the Reed Smith Award 2022 of the Institute for Well-being in Law (the main North American organization working for legal professionals' good mental health and well-being).

The award is given to the person who has made a significant contribution to mental health and well-being in the legal profession.

Link <https://lawyerwellbeing.net/conference-2022-award-nominations/>

11/06/2019

Legal influencer under 35 years old – Lawyerpress.com I was awarded as one of the most "influencer" lawyers under 35, according to Lawyerpress (an important Spanish legal media).

Link <https://www.lawyerpress.com/2019/06/11/los-jovenes-influencer-del-sector-legal/>

VOLUNTEERING

15/11/2021 – CURRENT

Editor at the Leadership Woman Football Academy Blog As part of our commitment to the Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda, LWF wants to participate in the transformation of society through education in the sports sector, offering programs different from those of a business academy, that are complementary to them, to prepare you to improve society and change the world.

We have a mission to work on diversity to transform and promote change through innovation, inclusion and empowerment with an inclusive vision of equality, where men and women work together.

Our programs have been carefully prepared by professionals who are experts in the field and focused on issues that we consider necessary to improve society, such as gender equality, inclusion or leadership.

15/06/2021 – CURRENT Barcelona

Mental Health Activist at Obertament I perform a task as a spokesperson to normalise mental health issues, having received the First Person Activism training in May 2021. I have participated in the 2022 campaign "It's not my fault" with several interviews on media (newspapers, TV, and radio).

15/10/2020 – CURRENT London

Member of the International Bar Association Presidential Task Force on mental wellbeing in the legal profession - To raise awareness and destigmatise debates about mental health and wellbeing, particularly in jurisdictions where recognising these issues within the legal profession is not well-developed.

- To investigate how institutions can translate awareness into effective interventions to improve workplace culture and address relevant structural issues in the profession to prevent many lawyers from suffering alone or in silence.

Link <https://www.eljurista.eu/2021/03/31/espana-representada-al-mas-alto-nivel-internacional-en-materia-de-bienestar-en-la-abogacia/>

15/09/2008 – CURRENT Barcelona

Basketball coach - I am an official basketball coach (Certificate of registration in the Official Register of Sports Professionals of Catalonia).

- I have had the opportunity to be a coach for several females' basketball training teams. As an advocate for women's sports, I focused on training girls from 8 to 11.



15/06/2014 – 01/02/2021 Boston (US)

Advocate at the International Obsessive Compulsive Disorder Foundation (IOCDF) - According to the IOCDF's website, the Foundation aims to improve outcomes for individuals with OCD and related disorders by:

- a) Providing resources and support for those affected by OCD, including individuals with OCD and related disorders, their family members, friends, and loved ones.
 - b) Promoting awareness about OCD and related disorders to the OCD community and the general public.
 - c) Increasing access to effective treatment through (i) educating mental health professionals about evidence-based treatments, (ii) providing a forum for professional collaboration and networking, and (iii) supporting research into the causes of and treatments for OCD and related disorders.
- I participated in the 24th Annual OCD Conference, organised by the International Obsessive Compulsive Disorder Foundation (section "Conferences").

25/06/2009 – 02/07/2019 Salardú (Spain)

Legal advisor - I was a legal counsel of a Basketball Camp (*Campus Gaudaix del Bàsquet*) for ten years old, guaranteeing the fulfilment of legal requirements by staff, basketball players, and their families.