



## Manel Atserias Luque

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🐦 Twitter: [https://twitter.com/Manel\\_ManofLaws](https://twitter.com/Manel_ManofLaws)

📺 YouTube: <https://www.youtube.com/c/ManelAtseriasLuque>

**Gender:** Male **Date of birth:** 25/08/1990 **Nationality:** Spanish



## ABOUT ME

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I am a European lawyer from Barcelona and a member of the [International Bar Association Professional Wellbeing Commission](#).

I am in love with Law and the European Union. 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 looking for new national and international legal challenges. I am really interested in researching, training, drafting legal opinions and legislative proposals, and analysing case law, so I would be comfortable assisting lawmakers and political parties in the legislative process.**

Nonetheless, I want you to know a little about me before deciding.

### MY STORY

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 can you be 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

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[ 20/10/2021 – Current ]

### External Legal Advisor

***Federation of Catalan Entities of Mental Health in First Person (VEUS Federation)*** <https://veus.cat/es/inicio/>

**Address:** Barcelona, Spain

**City:** Barcelona



**Country:** Spain

**Business or sector:** Human health and social work activities

**Link:** <https://www.youtube.com/watch?v=DIT3eUVmKc>

- I have provided legal advice to persons with mental health problems (psychosocial disabilities) through its Mental Health Rights Observatory.
- I have conducted several training workshops for entities of The VEUS Federation and prepared materials for each subject to raise awareness of the United Nations Convention on the Rights of Persons with Disabilities.
- I have participated in several institutional meetings organised by the Government of Catalonia's Mental Health National Programme, defending the interests of persons with mental health problems.
- I have participated in different conferences on behalf of our entity. Among others:
  - (i) Mental Health and (Dis)ability 2021 Forum Equality and Social Rights, organised by the INCYDE Foundation and Arapdis Association (23 November 2021). This event was broadcasted streaming on La 1 (one of the most critical public TV channels in Spain)
  - (ii) VI Mental Health Nursing Congress, organised by the Mental Health Nursing Catalan Association (7 October 2022). During this event, 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 in Catalonia.
  - (iii) IV National Congress and I International Congress on Disability Law, defending the communication "*El derecho a los ajustes razonables para las personas con discapacidad: últimas novedades jurisprudenciales*".

[ 01/10/2020 – 31/01/2021 ]

### **Culture & Wellbeing Advocate**

#### ***Ambar Partners***

**City:** Madrid

**Country:** Spain

**Business or sector:** Other service activities

- 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).

[ 27/08/2017 – 15/05/2020 ]

### **Founder & President**

#### ***Instituto de Salud Mental de la Abogacía – Mental Health Institute of Legal Professions***

**City:** Barcelona

**Country:** Spain

**Business or sector:** Human health and social work activities

**Links:** [https://cincodias.elpais.com/cincodias/2021/02/15/legal/1613422258\\_687954.html](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://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://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://cincodias.elpais.com/cincodias/2019/01/04/legal/1546598214_748889.html) | <https://idealex.press/manel-atserias-luque-salud-mental-materia-olvidada/>

- 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 (currently, Institute for Well-Being in Law) 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).

[ 15/11/2017 – 25/06/2018 ]

### **Legal Advisor**

#### ***Federation of Catalan Entities of Mental Health in First Person (VEUS Federation)***

**City:** Barcelona

**Country:** Spain

- 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 ]

### **Legal Advisor**

**City:** Barcelona

**Country:** Spain

**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>

- 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.

## EDUCATION AND TRAINING

[ 14/09/2021 – 01/10/2022 ]

### International Master in Football Law / Curso Superior en Derecho del Fútbol

**Sports Law Institute & Universidad Austral de Buenos Aires** <https://sportslawinstitute.com/>

**Address:** Buenos Aires, Argentina

**Field(s) of study:** Sports Law | Business, administration and law

**Final grade:** Excellent

Double degree (online programme)

Contents:

1. Football Institutions
2. Agents and Intermediaries
3. Taxation of football
4. Regulations on the Status and Transfer of Players
5. Financial Fair Play
6. Dispute resolution
7. Other aspects of football law
8. LATAM specialities
9. Leadership and negotiation

[ 15/09/2021 – 15/10/2021 ]

### Diploma of Corporate Social Responsibility in Sport

**Johan Cruyff Institute** <https://johancruyffinstitute.com/en/>

**Field(s) of study:** corporate social responsibility

- 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

[ 15/06/2021 – 15/07/2021 ]

### Diploma of Sports Law

**Johan Cruyff Institute** <https://johancruyffinstitute.com/en/>

**Field(s) of study:** Business, administration and law

- 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

[ 25/09/2008 – 15/09/2014 ]

### Bachelor of Laws

**Pompeu Fabra University** <https://www.upf.edu/web/graus/grau-dret>

**Field(s) of study:** Business, administration and law

**Final grade:** 7

- 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



[ 25/09/2015 – 15/07/2018 ]

## Advanced Master's in Legal Sciences

**Pompeu Fabra University** <https://www.upf.edu/web/masterdret/about-this-master>

**Field(s) of study:** Law

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

- 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.

## COURSES

[ 03/04/2023 – 06/04/2023 ]

### The European turn to sustainability due diligence: From concept to obligation

Institution: The Asser Institute (The Hague, The Netherlands)

Topics:

1. The rise of sustainability due diligence: From Ruggie's mind to due diligence legislation
2. Due diligence in action – The French Law on the Duty of Vigilance
3. Due diligence in action – The German Supply Chain Act
4. The European Union's turn to sustainability due diligence

**Link:** <https://www.youtube.com/watch?v=FaylYnsFc4M>

[ 28/02/2023 – 28/03/2023 ]

### Old age right and the Spanish Constitution

Organiser: Campus Legal Mutualidad

Language: Spanish

**Link:** <https://campus.wolterskluwer.es/certificados/comprobar/9e2a0847e909fd376ad5f495ad1aa1e6?embed=1&og=1>

[ 05/09/2022 – 09/09/2022 ]

### Summer Programme on The Governance of Sport and Human Rights

Institution: The Asser Institute (The Hague, The Netherlands)



Topics:

1. The rise of sport and human rights
2. Integrating human rights in the governance of sport
3. Mega-Sporting Events and Human Rights
4. Athletes' rights: Field trip to FIFPro
5. Access to remedy for sport-related human rights harms

[ 19/03/2022 – 19/03/2022 ] **WHO QualityRights e-training on mental health**

Institution: World Health Organisation (WHO)

Topics:

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

[ 21/01/2023 – 21/01/2023 ] **COE HELP Programme "Rights of Persons with Disabilities"**

Topics covered

1. Introduction
2. Non-discrimination and intersectionality
3. Legal capacity
4. Accessibility
5. Social rights

The overall length of the online course is 8 hours.

Link: <https://rm.coe.int/course-brief-rights-persons-disabilities/16808b4fa3>

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## LANGUAGE SKILLS

**Mother tongue(s):** Spanish , Catalan

**Other language(s):**

**English**

**LISTENING C1 READING C1 WRITING C1**

**SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1**

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## CONFERENCES AND SEMINARS

[ 24/03/2023 – 24/03/2023 ]

**What do we know about the welfare of those studying and practising in the legal profession?**

Mérida (México)

- Event: Congreso CEEAD 2023 de Educación Jurídica

- Organiser: Centro de Estudios sobre la Enseñanza y el Aprendizaje del Derecho, A.C.

- Language: Spanish



[ 21/03/2023 – 21/03/2023 ]

**The legal profession under debate: timetables, work-life balance and mental health**

Organiser: Barcelona Bar Association Young Lawyers Group

Language: Catalan

Link: <https://www.icab.cat/ca/formacio/cursos/L39Advocacia-a-Debat-Horaris-conciliacio-laboral-i-salut-mental/>

[ 28/11/2022 – 02/12/2022 ]

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

Washington DC (online)

- 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 ] **Working or not working, how does it affect mental health?** Sant Boi de Llobregat, Barcelona

- 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](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 ] **Human Rights and Mental Health** Tortosa (Spain)

- 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 ] **Living with justice** Barcelona

- 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 ] **Mental Health in the Legal Profession** Online

- 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](https://www.youtube.com/watch?time_continue=376&v=90klQ45lNzk&feature=emb_title)

[ 28/04/2022 – 28/04/2022 ] **The main challenge of business law firms: taking care of their lawyers**

Madrid

- 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 ]

**The mental health of the trench and business lawyers: problems and solutions**

Alicante

- Organiser: Alicante Young Lawyers' Association
- Language: Spanish

[ 23/03/2022 – 23/03/2022 ]

**Mental health in times of pandemic: an emerging challenge for public health policy**

Barcelona

- 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 ]

**Opening Plenary: Well-Being Across the C's: Coups, Catches, and Challenges in the Developing Global Legal Well-Being Movement**

Online

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

[ 06/02/2020 – 06/02/2020 ] **Breaking new grounds in the judicial system** Barcelona

- **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 ] **The Futures of Legal Education and Practice Annual Conference 2020**  
Milton Keynes (London)

- **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 ] **Presentation of the Healthy Business Charter** Madrid

- **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](https://cincodias.elpais.com/cincodias/2019/11/14/legal/1573747356_169956.html)

[ 10/05/2019 – 11/05/2019 ] **Wellbeing and Legal Profession** Valladolid

- **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 ] **Conference on the mental health of legal professionals** Girona

- **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 ] **Well-being in law firms: a step towards productivity** Madrid

- **Location:** ESADE Business & Law School
- **Organisers:** ESADE and Wolters Kluwer.
- **Language:** Spanish

**Link:** [https://cincodias.elpais.com/cincodias/2018/11/12/legal/1542009928\\_617178.html](https://cincodias.elpais.com/cincodias/2018/11/12/legal/1542009928_617178.html)

[ 27/09/2018 – 28/09/2018 ] **Balance in the profession: Emotional wellbeing in the practice of law**  
Tarragona

- **Event:** IV Congress of Catalan Lawyers.
- **Organiser:** Catalan Bar Council
- **Language:** Catalan

[ 07/07/2017 – 09/07/2017 ] **Access to Proper Treatment: An International Perspective** San Francisco (US)

- 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

## PUBLICATIONS

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

**Reference:** lusport

[ 2022 ]

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

**Reference:** Leadership Woman Football Academy Blog



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

Reference: Leadership Woman Football Academy Blog

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

Reference: lusport

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

Reference: Futboleras.es

[ 2021 ]

[La salud mental de la abogacía de los negocios como criterio de externalización de los servicios jurídicos por parte de las asesorías jurídicas](#)

Reference: Thomson Reuters Aranzadi

Title of book: *El gobierno de la función legal en las organizaciones. Operaciones legales, innovación y digitalización.*

Table of contents:

1. Precisiones terminológicas

1.1. Salud Mental

1.2. Estigma

2. Los problemas de salud mental de la abogacía por jurisdicciones

2.1. Estados Unidos

2.2. Reino Unido

2.3 España

3. La dimensión internacional de la crisis de salud mental de la abogacía

3.1. El preludio: acoso laboral y sexual en la abogacía

3.2. La primera iniciativa global en salud mental de la IBA

4. ¿Cuáles han sido las principales acciones que se han llevado a cabo para mitigar esta crisis de salud mental?

4.1. Compromisos (instrumentos soft-law)

4.1.1. The Well-Being Pledge for Legal Employers

4.1.2. Mindful Business Charter

4.1.3. La Carta de los Negocios Saludables

4.2. Campañas de sensibilización

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

Reference: lusport

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

Reference: lusport

[ 2021 ]

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

Reference: Cinco Días (El País)



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

Reference: Lawyerpress

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

Reference: El Jurista

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

Reference: Lawyerpress

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

Reference: Idealex.press

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

Reference: Cinco Días (El País)

[ 2019 ]

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

Reference: Lawyerpress

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

Reference: Confilegal

[ 2019 ]

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

Reference: Cinco Días (El País)

[ 2018 ]

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

Reference: ELSA Spain Law Review 3rd Edition

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.

[ 2017 ]

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

Reference: Iusport

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

Reference: ELSA Spain Law Review

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.

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

Reference: Idealex.press

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

Reference: Iusport

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

Reference: Iusport

[ 2015 ]

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

Reference: Iusport

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

Reference: Iusport

## HONOURS AND AWARDS

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[ 31/01/2022 ] **Nominated at Reed Smith Award for Excellence in Well-Being in Law Awarding institution:** 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 Awarding institution:** 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

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[ 09/03/2023 – Current ] **Head of Disability and Third Sector at Lideremos** Barcelona

**Lideremos** is the launch pad for youth talent in Spain. This non-profit organisation, made up of more than 700 young people of different sensibilities, has as its main objectives to bring leaders from different sectors and ideas closer to our generation, to position the youth talent of our country on the global map, and to encourage young people to be agents of change. In a totally cross-cutting way, Lideremos promotes collective progress through constructive debate, cooperation, social action and networking.

Link: <https://liderem.org/>



[ 15/10/2020 – Current ]

**Commissioner of the International Bar Association Professional Wellbeing Commission**

London

Former title (15.10.20 - 6.02.23): member of the International Bar Association Presidential Task Force on mental wellbeing in the legal profession

Tasks:

1. To promote wellbeing as a core issue and priority for the global legal community.
2. To identify, coordinate and organise the various global stakeholders in changing or modifying the culture and mindset of the legal profession.
3. To raise awareness of the challenges and stigma surrounding discussions of wellbeing, while bearing in mind the cultural differences needed when engaging with this issue at an international and a local level.
4. To highlight the ways in which wellbeing issues, needs, and responses vary between different demographic groups; and
5. To promote and share policies and working practices that help to promote positive and sustainable wellbeing within the legal profession, and where possible, make recommendations to change or modify the practical and regulatory environment of the legal profession at all levels.

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

[ 15/06/2021 – Current ] **Mental Health Activist at Obertament** Barcelona

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).

[ 15/11/2021 – Current ] **Editor at the Leadership Woman Football Academy Blog** Madrid

- I have published two articles on LWF Academy Blog: "[Equal Pay en las selecciones nacionales de fútbol](#)" and "[La afición europea lanza la campaña Win It On The Pitch para salvar el fútbol](#)"

**Links:** <https://leadershipwomanfootball.es/en/leadership-woman-football-en/> | <https://wffacademy.com/equal-pay-en-las-selecciones-nacionales-de-futbol/> | <https://wffacademy.com/la-aficion-europea-lanza-la-campana-win-it-on-the-pitch-para-salvar-el-futbol/>

[ 15/09/2008 – Current ] **Basketball coach** Barcelona

- 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 ]

**Advocate at the International Obsessive Compulsive Disorder Foundation (IOCDF)**

Boston (US)

- I participated in the 24th Annual OCD Conference, organised by the International Obsessive Compulsive Disorder Foundation (section "Conferences"), in San Francisco.

[ 25/06/2009 – 02/07/2019 ] **Legal advisor** Salardú (Spain)

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

[ 15/01/2016 – 15/07/2018 ] **Member of the European Law Students' Association** Barcelona

- I participated actively in the ELSA-Pompeu Fabra University's activities.

- I was a deputy director at ELSA Spain Law Review (October-December 2017)

- I published two articles at ELSA Spain Law Review: "Why do I defend the Resistance Theory?" and "*Evolución de la situación jurídica de la mujer casada en el ámbito del Derecho Privado*"