FILIPA BOTELHO MONIZ

SENIOR ASSOCIATE



PRACTICE AREAS

Labour and Social Security Law

LANGUAGES

Portuguese, English, Spanish

EMAIL

fbm@paresadvogados.com

Filipa has worked in the areas of Labour Law, Labour Litigation, Collective Bargaining and Social Security.

She provides employment advice to companies, including labour audits, contract termination negotiation processes, disciplinary proceedings and general advice on all day-to-day employment issues in companies.

She has experience in all areas of Labour Law, advising the Human Resources departments of national and international companies in a wide range of sectors, including fitness, hotels and restaurants, medical services and information and communication technologies.

CAREER PATH

- Associate Lawyer at PARES since September 2026
- Associate Lawyer at Unit LEGAL (2025-2026)
- Associate Lawyer at Unit LEGAL (formerly known as Espanha e Associados) (2019-2025)
- Partner at LSC (2014-2019)
- Associate Lawyer at LSC (2010-2013)
- Trainee Lawyer at LSC (2007-2010)

ACADEMIC TRAINING

- Postgraduate Course (University Extension Programme) in Labour Law and Social Security, Faculdade de Direito, Universidade Nova de Lisboa (2022-2023)
- Postgraduate Course in Labour Law, Faculdade de Direito, Universidade Católica Portuguesa, Lisboa (2012-2013)
- Completed the taught component of the Master's Degree in Business Law (2007-2008)
- Law Degree, Faculdade de Direito, Universidade Nova de Lisboa (2002-2007)