

Board Profiles

Sophia Zaidi

Sophia graduated from University of Ottawa in 2004 with a Bachelor of Laws (LL.B) and was called to the Ontario Bar in 2006.

Sophia currently works as a Senior Counsel for Manulife and her main responsibility is to manage legal actions related to long term disability claims. Over the past 8 years at Manulife, Sophia has developed a deep understanding and empathy for people experiencing a difficult phase in their lives.

Sophia is a resident of Durham and a new mother. The journey of motherhood has made her passionate and committed to building a better community.