



Matthew Gough

ASSOCIATE

NEWFOUNDLAND &
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LEGAL ASSISTANT

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PRACTICE AREAS

Administrative • Alternative Dispute Resolution • Employment & Labour • Insurance Litigation

BIOGRAPHY

Matthew has a busy litigation practice with a primary focus in Labour & Employment and Insurance Litigation, with extensive labour law experience in both the construction and healthcare sectors.

Matthew earned his Juris Doctor from the University of New Brunswick in 2015, prior to which he received a Bachelor of Commerce (Co-op) with a focus in Human Resources and Labour Relations.

After being called to the Bar of Newfoundland and Labrador in 2016, Matthew worked with a mid-sized law firm in St. John's before relocating to Halifax in 2020 and joining the Nova Scotia Barristers Society. During his time in Halifax, Matthew maintained a civil litigation practice before moving into the role of Labour Relations Legal Counsel providing legal advice and guidance to a variety of organizations, both large and small, in the healthcare sector.

Matthew joined Cox & Palmer in 2024 after returning to St. John's from Halifax.

Outside the firm, Matthew spends most of his time with his Goldendoodle, Karl.

LAW SOCIETY MEMBERSHIPS

- Law Society of Newfoundland & Labrador
- Nova Scotia Barristers' Society

BAR ADMISSION

- Newfoundland and Labrador, 2016
- Nova Scotia, 2021

LAW SCHOOL

- University of New Brunswick

EDUCATION

- University of New Brunswick (Juris Doctor, 2015)

LECTURES & PRESENTATIONS

- The Duty of Fair Representation – Health Association Nova Scotia Regional Conference
- Surveillance in the Workplace – Health Association Nova Scotia Annual Conference

PROFESSIONAL ACTIVITIES & AFFILIATIONS

- Board member, Kids Eat Smart Foundation Newfoundland and Labrador
- Board member, Petty Harbour Mini Aquarium
- Canadian Bar Association
- Past member of Legal Appointments Board (NL)
- Past member of Nova Scotia Real Estate Commission Complaints Committee