

Arooj Sheikh

Associate

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Personal Summary

Arooj specialises in international arbitration, commercial litigation, fraud, asset chasing and mediation. She has a background in corporate, commercial, insolvency, trusts and intellectual property matters; and is an ADR-ODR Civil Commercial mediator.

Arooj graduated with a First Class Honours in Law from Cardiff University in Wales, after completing the first two years of her law degree from Taylor's University in Malaysia, where she studied both English and Malaysian law and was ranked first in her year overall. She was recently called to the Bar of England and Wales, after obtaining a full scholarship from the Inner Temple for the BPTC.

Qualifications

Called to the Bar of England and Wales	2018
Bar Professional Training Course	2018
Civil-Commercial Mediator	2018
ADR-ODR International	
Bachelor of Laws (LL.B)	2017
Cardiff University	

Experience

- Drafting skeleton arguments for freezing injunctions and search orders in various civil fraud and intellectual property law cases.
- Assisted in the drafting of documentation for arbitration cases involving oil and energy being heard by ICSID.
- Prepared the strategy in a case involving establishing the validity of resulting and quistclose trusts.
- Conducted legal research on the differing judicial attitudes surrounding the issue of limitation clauses in ship building contracts. This research was used in a paper delivered at one of the International Congress of Maritime Arbitration (ICMA) conferences.
- Drafted the terms and conditions for a mobile application.
- Assisted in the case strategy for a public international law case involving piercing the corporate veil to access government assets.

Positions held

Associate, JMiles & Co	September 2018 –present
Mini Pupil (London): XXIV Old Buildings One Essex Court Erskine Chambers 11 South Square 3 New Square 8 New Square	January 2017 – July 2018
Member of the Inner Temple	2017
Shadowed Roderick Cordara QC, Essex Court Chambers, London	July 2017
Intern, Stephenson Harwood LLP, London	June & July 2017
Intern, JMiles & Co.	January & February 2015

Other Achievements

Awards

Exhibition Award of £19,750 for the BPTC from the Inner Temple	2017
Duke of Edinburgh Entrance award for the BPTC from the Inner Temple	2017
Best Overall Performer Year 1 and 2	2016
Best Overall Performer Intellectual Property	2016
Best Overall Performer Alternative Dispute Resolution	2016
Best Overall Performer Research & Writing	2016
Best Overall Performer Year 1	2015

Languages

English, Urdu, Hindi, Punjabi, Kiswahili