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Audrey completed her Bachelor of Civil Law (B.C.L.) and Juris Doctor (.JD.) at McGill University's Faculty of Law. Prior to law school, she completed her Diploma of College Studies in Social Sciences at Cégep Édouard-Montpetit, where she received several awards, including the Excellence Scholarship offered by Caisses Desjardins for obtaining the highest rating (R score) in her program.

Prior to joining McCarthy Tétrault, Audrey worked in the legal department of a Montréal-based company, where she worked on a variety of mandates in business law, litigation, real estate, information technology, and cybersecurity.

During her university studies, Audrey was an editor for the McGill Law Journal. Audrey also served as president of her cohort. As part of her extracurricular activities, Audrey is actively involved with children with special needs and women impacted by homelessness in her community.

In her free time, Audrey enjoys traveling, outdoor activities, and sports.