

RAQUEL CAPELA E SILVA

ASSOCIATE

PRACTICE AREAS

Insolvency and Restructuring | Litigation and
Arbitration | Labour and Social Security Law

LANGUAGES

Portuguese, English

EMAIL

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In recent years, Raquel has focused her activity primarily on insolvency law, gaining extensive experience in overseeing judicial proceedings of this nature while providing legal advice to clients both as creditors and debtors. In this context, she has also supported insolvency administrators.

Raquel also focuses on civil litigation and labor law, particularly advising various clients on human resources management and labor compliance.

CAREER PATH

- Associate Lawyer at PARES since 2017
- Associate Lawyer at Tenreiro Martins, Tomás & Associados (October 2009 - September 2017)
- Legal Advisor at Totta Urbe, Company of Administration and Construction, S.A. (2008-2009)
- Trainee Lawyer at the law firm Dr. Pedro Tenreiro Biscaia (2005-2007)
- Trainee Lawyer at the law firm Redondo e Ferreira da Silva (February to August 2005)

ACADEMIC TRAINING

- Postgraduate Degree in Labor Law, Faculty of Law - Institute of Labor Law, University of Lisbon (2010)
- Law Degree, Faculty of Law, University of Lisbon (2004)