



Q&A

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What did your path into environmental and energy law look like – was it intentional, or did you discover it along the way?

My interest in environmental law was almost immediate when I was first exposed to it during my third year at varsity. From that point on, I was very intentional about pursuing it as a career. After completing my LLM in environmental law, I joined CDH and made every effort to ensure I ended up in the firm's environmental team. Even though I was not initially placed with them during my articles, I volunteered to write alerts or assist wherever I could to stay connected to the field.

Once I was retained with the environmental team, I had the opportunity to work on remarkable projects across various sectors, including energy. Over time, my interest in energy projects continued to grow, ultimately leading me to step out of legal practice to work for a renewable energy company, and that experience proved invaluable. I returned to the firm with this knowledge, and established a niche practice advising on the regulatory aspects of energy projects.

It just goes to show – while intentionality matters, sometimes the most meaningful growth comes from simply being open to change.

Have there been key decisions that significantly impacted your career trajectory?

Yes, stepping away from practice and later returning as Counsel impacted my career trajectory in two significant ways.

Firstly, as mentioned, I was able to broaden my area of practice – something that seemed completely out of reach at one point in time. Beyond gaining exposure to the industry, I had the opportunity to collaborate with professionals from a wide range of disciplines. Each day was filled with discussions with engineers, financial modellers, developers, insurance advisors, tax experts and more. It felt like my very own masterclass, and I am forever grateful for that experience.

Secondly, when I made the move, all I had known up to that point was how to be a practicing attorney. Working in-house allowed me to identify additional areas or ways that I could be of value to the firm, and so I returned as Counsel – a position that has been immensely rewarding.

What does self-care look like for you, and how do you prevent burnout?

Self-care lies in remembering that you are more than your career. That you are also a woman, a wife, a daughter, a mother, a child. Nurture all those roles by spending time with your loved ones and

taking care of yourself. For me, that means cooking for people, being in and at the ocean, going for long forest walks, gardening and travelling.

Burnout is such a real and heavy reality that I don't want to diminish its seriousness by pretending that I have advice that can actually prevent it. But the one thing I do know is this: asking for help, in both your professional and personal life, is of the utmost importance. The narrative that "she can do it all" is dated and, honestly, unhealthy. Share, delegate and communicate.

How do you mentor or support other women entering the field?

I believe in drawing from and sharing my own experiences, especially the moments where I struggled or failed. It is important not to create an illusion that success comes from "powering through" all challenges without hardship. That narrative can be isolating and unhelpful. Being honest about your own vulnerabilities or moments of weakness allows others the space to be open about their struggles, thus creating opportunity to hear them, validate their struggles, and help them better.

How has the landscape for environmental law changed since you started?

Apart from the fact that the legal landscape has evolved significantly, the perception of environmental law has changed drastically. It is no longer seen as a simple tick-box exercise for compliance. Over time, there has been increased recognition of the real impact of industries and their products, and the importance of managing this in a sustainable manner. In the M&A space, proper understanding of the environmental landscape and risks is a material consideration in any deal.

As a result, interest in pursuing environmental law as a career also seems to have increased.

What keeps you motivated on tough days?

There are a couple of things:

Reflecting on how far I have come, and that while there have been many tough days, I am still standing despite it all. Recognition of one's own resilience is fundamental, as it shifts your focus from how weak you feel to how strong you actually are.

Ensuring that, in the tough times, I do not compromise on the things that bring me joy and peace.

Sharing my struggles with others, and asking for help.

Getting outside and moving more. Prioritising physical health and movement is one of the best ways to keep or regain perspective and momentum. 

