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Jody is a solicitor in Hong Kong, an accredited mediator of Hong Kong International Arbitration Centre, HKMAAL and The Law Society of Hong Kong. She is also a Distinguished Fellow of International Academy of Mediators (IAM).

Jody has a full time mediation practice where she mediates a broad range of commercial disputes, including, but not limited to employment, discrimination and workplace disputes, insurance, professional indemnity claims, property actions and shareholder disputes. She is also a certified conflict management coach, an adjunct lecturer with the University of Hong Kong School of Professional and Continuing Education (HKU SPACE) and a certified trainer of Mediation Training Institute (MTI), teaching accredited mediator courses in Hong Kong, workplace mediation and other courses in relation to the application of mediation. She was the past chairperson of Hong Kong Mediation Council (a division of Hong Kong International Arbitration Centre), and she is also a member of the Mediation Committee and Mediator Admissions Committee of the Law Society of Hong Kong.