



Bio for Lize Mills

Lize Mills is a senior lecturer at the Faculty of Law of Stellenbosch University, South Africa. She obtained her doctoral degree in 2016, assessing the South African Government's efforts in promoting the best interests of children while regulating food marketing practices. Her other research interests include that of family law and the ways in which the rights to equality, dignity and freedom of speech can be balanced in a multi-cultural society with diverse views.

She tries to teach students that the law can be used to change lives, to assist the vulnerable, and to promote justice. Lize believes that it is her job to empower students; in this way enabling them to empower others. She is also a firm believer in addressing family law disputes through mediation, in order to find a mutually agreed solution. As a recently qualified mediator, she finds this task to be both demanding but also very much rewarding and worthwhile.

Lize loves her own family to bits, even though it is sometimes challenging to put into practice the ideals of her beliefs. This specifically pertains to their two cats and dog, and her husband's koi fish.