

# JacksonLewis Sheila Krische

Associate, Long Island

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## Practices

- Healthcare
- Class Actions and Complex Litigation
- Technology
- Transportation and Logistics
- Wage and Hour
- Hotels
- Leisure

Sheila Krische is an associate in the Long Island office of Jackson Lewis P.C. As a litigator, Sheila is committed to providing strategic counsel and practical legal solutions that align with clients' business objectives and employer/employee relations.

She represents employers in complex workplace litigation matters, including wage and hour compliance, discrimination and harassment claims, and wrongful termination. Sheila honed her skills in employment law as a summer associate at Jackson Lewis, being mentored by the attorneys with whom she now continues to collaborate in representing firm clients.

During law school, Sheila served as the Alumni Affairs Editor for the Hofstra Law Review, which enhanced her ability to work collegially in large groups where consensus building is essential. Sheila also gained experience in legal jurisprudence while serving as an extern with Magistrate Judge James Wicks in the U.S. District Court for the Eastern District of New York.

## Education

- Hofstra University Maurice A. Deane School of Law, J.D. 2024
- Binghamton University, B.A. 2020

## Admitted to Practice

- New York 2025

## Honors and Recognitions

- *Hofstra Law Review*, "Alumni Affairs Editor" (2023-2024)

## Published Works

- "Auditing the Auditors: Overregulation Under the Sarbanes Oxley Act." *Hofstra Law Review* (September 2023)