



Of Counsel, Hartford

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Sara R. Simeonidis is of counsel in the Hartford, Connecticut, office of Jackson Lewis P.C. She has over 13 years experiencing litigating employment matters in state and federal courts and before administrative agencies.

Practices

- National Compliance and Multi-State Solutions
- Class Actions and Complex Litigation
- Employment Litigation
- Restaurants
- Workplace Training

Education

- Quinnipiac University School of Law, J.D. 2003
- Boston University, B.A. 1998

Admitted to Practice

- 2nd Circuit Court of Appeals 2022
- 1st Circuit Court of Appeals 2013
- Connecticut - D. Conn. 2004
- Connecticut 2003

Sara advises and represents employers in a broad range of employment law matters, including those involving claims of discrimination, harassment, retaliation and wrongful termination, as well as restrictive covenant and trade secret misappropriation claims. She also advises and trains managers and supervisors on preventive litigation practices, focusing on how to comply with applicable laws and regulations, avoid workplace disputes, and resolve employee relations problems.

Prior to joining Jackson Lewis, Sara was counsel at Bingham McCutchen, where her practice focused on employment and commercial litigation.

During law school, Sara was a case note editor for the Quinnipiac Law Review, president of the Mock Trial Society, Dean's Scholar, and recipient of the West Publishing Company Award for Outstanding Scholastic Achievement.

Honors and Recognitions

- *The Best Lawyers in America*®, "Ones to Watch: Labor and Employment Law – Management" and "Ones to Watch: Litigation – Labor and Employment" (2024-present)

Speeches

- "Employment Law Truisms," ALA Nutmeg Chapter (Hartford, CT May, 2015) (presenter)