



Principal, Omaha

P 402-827-4275

F 402-391-7363

Brock.Pohlmeier@jacksonlewis.com

Practices

- Class Actions and Complex Litigation
- Employment Litigation
- Restrictive Covenants, Trade Secrets and Unfair Competition
- Hotels

Education

- University of Nebraska College of Law, J.D. 2015
- University of Nebraska - Lincoln, B.A. 2012

Admitted to Practice

- Nebraska - D. Neb. 2017
- Iowa 2019
- Kansas 2016
- Nebraska 2015

Brock J. Pohlmeier is a principal in the Omaha, Nebraska office of Jackson Lewis P.C. His practice is focused on representing management in all aspects of labor and employment law. Brock represents a wide array of employers, ranging from heavy construction to financial services, and has built a wealth of experience through his active, nationwide practice, which includes litigation and daily advice and counsel.

Brock is a tenacious advocate, and has litigated cases throughout Colorado, Illinois, Iowa, Kansas, and Nebraska. Brock has successfully tried cases to verdict, obtained summary judgment orders on countless matters, and arbitrated labor disputes from coast to coast. Brock's experience gained through litigation informs his advice and counsel practice, which involves advising clients on nationwide issues. Brock has litigated through the landmines and helps advise his clients how to avoid them.

Brock listens to his clients to understand their goals and works tirelessly to achieve them through the most efficient means. Brock routinely advises and defends employers on issues involving the Americans with Disabilities Act, the Family and Medical Leave Act, the Fair Labor Standards Act, the National Labor Relations Act, and various other state and federal laws. In addition, Brock helps navigate clients through administrative proceedings before state and local agencies, including the Department of Labor and Equal Employment Opportunity Commission.

Brock excels at simplifying complex issues and has a passion for solving difficult problems. To that end, Brock focuses much of his litigation on restrictive covenants, where he works to enforce his clients' rights to protect their investments in confidential information, trade secrets, intellectual property, client relationships, and employee development. In conjunction with this practice, Brock routinely drafts restrictive covenant agreements for his clients across the country.

Brock is a regular speaker on labor and employment matters and leverages his subject matter expertise to conduct internal investigations for clients and third parties.

Honors and Recognitions

- *Chambers USA*, "Up and Coming: Labor & Employment" (2025)
- *The Best Lawyers in America*®, "Ones to Watch: Litigation – Labor and Employment" (2024-present)

Pro Bono and Community Involvement

- Pony Express Partnership for Children, Director (2016)