JacksonLewis

Poonam Sethi

(She/Her)

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Poonam Sethi is an associate in the White Plains, New York, office of Jackson Lewis P.C. Poonam provides counseling to employers, providing guidance on minimizing risks and achieving the employer's goal.

Coming from an immigrant family, Poonam observed firsthand the need for effective guidance to run a business. Her father ran several small businesses, including grocery stores, delis and restaurants. Poonam observed firsthand the effects a lawsuit can have on the company and on the individual. She brings that background and understanding to be a strong advocate for employers.

Prior to joining Jackson Lewis, Poonam worked at a large litigation firm in New York City, where she independently handled high value matters involving labor law and general premise liability cases.

While attending law school, Poonam was a member of the Cardozo Public Law, Policy and Ethics Journal

Honors and Recognitions

- *The Best Lawyers in America©,* "Ones to Watch: Labor and Employment Law – Management" (2025)

Speeches

- "Leadership Lunch Series Panel," South Asian Bar Association of New York (New York, NY, January 2022) (moderator)
- "Covid Sports and Entertainment Panel," South Asian Bar Association of New York (New York, NY, June 2020) (moderator)

Practices

- National Compliance and Multi-State Solutions
- Construction
- Higher Education
- Hospitality
- Hotels
- Employment Litigation
- Restaurants
- Restrictive Covenants, Trade Secrets and Unfair Competition
- Retail
- Trials and Appeals
- Entertainment and Media
- Financial Services
- Private Equity

Education

- Yeshiva University Benjamin N. Cardozo School of Law, J.D. 2014
- Rutgers School of Arts and Sciences, B.A. 2011

Admitted to Practice

- 2nd Circuit Court of Appeals 2024
- New York - E.D. N.Y. 2020
- New York - N.D. N.Y. 2021
- New York - S.D. N.Y. 2020
- New York - W.D. N.Y. 2021
- New Jersey 2014
- New York 2015