



# Ashley R. Theodore

Of Counsel, Portsmouth

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With a solid background in commercial and insurance defense litigation, Ashley brings a wealth of experience to her employment law clientele. Having represented both plaintiffs and defendants, she merges this experience into employment law, providing her current clients with invaluable insights and guidance.

## Practices

- Employment Litigation

## Education

- Suffolk University Law School, J.D. 2015
- Boston University, B.S. 2011

## Admitted to Practice

- Connecticut 2019
- Connecticut - D. Conn. 2023
- Maine 2025
- Massachusetts 2016
- Massachusetts - D. Mass. 2018
- New Hampshire 2016
- New Hampshire - D. N.H. 2016
- Vermont 2016
- Vermont - D. Vt. 2017

Licensed in New Hampshire, Vermont, Connecticut, Massachusetts, Maine, Ashley efficiently serves businesses across these regions in federal and state courts, as well as in administrative agency proceedings. Her approach is characterized by responsiveness, practicality, and cost-awareness, balanced with a willingness to undertake calculated risks. While Ashley endeavors to shield her clients from the day-to-day strains of litigation, she ensures they are always well-informed about the essential aspects of their cases.

Ashley has a passion for the healthcare sector, rooted in her father's (a doctor) dedication to patient care and wellness. Committed to aiding healthcare businesses in their growth and addressing their unique challenges, she offers tailored solutions that truly resonate. Additionally, Ashley possesses an intuitive understanding of the restaurant industry, equipping her to advocate powerfully on behalf of restaurant operators.

## Honors and Recognitions

- *New England Super Lawyers®*, "Rising Stars" (2024-present)
- *The Best Lawyers in America®*, "Ones to Watch: Litigation – Labor and Employment" (2024-present)

## Pro Bono and Community Involvement

- 4-H Foundation of New Hampshire, Board Member (2020-2022)