



Principal, Berkeley Heights

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John F. Tratnyek is a principal in the Berkeley Heights, New Jersey, office of Jackson Lewis P.C. He joined the firm in 1995.

John specializes in employment litigation and litigation avoidance. He has federal and state court trial experience and has handled cases involving wrongful termination, sexual harassment, and all forms of discrimination. He regularly speaks and provides training to employer groups on all aspects of the employer-employee relationship, including handling employment litigation efficiently, sexual harassment, the Americans with Disabilities Act, and all manner of personnel issues.

While attending law school, John interned with the United States Attorneys' Office, Middle District of Pennsylvania. He is a Mets season ticket holder and an avid Giants fan. He has a wife, Cynthia, and two daughters, Claire and Maggie.

## Practices

- Insurance
- Life Sciences
- Advice and Counsel
- Sports
- EPLI (Employment Practices Liability Insurance)
- Litigation
- Restrictive Covenants, Trade Secrets and Unfair Competition

## Education

- Pennsylvania State University  
Dickinson Law, J.D. 1991
- Hamilton College, B.A. 1988

## Admitted to Practice

- New Jersey - D. N.J.
- New Jersey 1991

## Honors and Recognitions

- *The Best Lawyers in America*®, "Litigation - Labor and Employment" (2018-present)
- *Super Lawyers*®, "Super Lawyer" (2011-present)

## Published Works

- "Managing Reductions in Force in Difficult Times," *New Jersey Law Journal* (March 2009) [Co-Author]