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Adam Lyke represents employers in employment law and litigation including wage and hour, breach of contract, wrongful termination, discrimination, and sexual harassment matters. He also advises private and public sector clients and represents employers in a broad range of workplace matters.

After graduating from law school, Adam served as a law clerk for the judges of the Connecticut Superior Court. He then served as a law clerk in the Connecticut Appellate Court and the United States Bankruptcy Court for the District of Connecticut. Before joining the firm, he practiced employment law and commercial litigation at a small Connecticut firm.

Adam has assisted clients in obtaining summary judgment in wage and hour and discrimination matters in state and federal court, including in class action litigation, and has argued multiple successful appeals.

Speaking Engagements

- “The Basics of Wage and Hour Law,” National Business Institute (Remote, October 2023) (presenter)
- “Connecticut Employment Law 2022,” National Business Institute (Remote, July 2022) (presenter)
- “Intro to Employee Handbooks,” National Business Institute (Remote, November 2021) (presenter)
- “FLSA and Wage and Hour Compliance: What Employers Must Know,” National Business Institute (Remote, November 2021) (presenter)
- “Employment Law: Advanced Issues and Answers,” National Business Institute (Remote, June 2021) (presenter)
- “Your Top 11 Employment Law Questions: Answered,” Hartford County Bar Association (Hartford, CT, 2019) (presenter)
- “Top Ten Things Every Lawyer Should Know About Labor and Employment Law”, National Business Institute (Waterbury, CT, 2018) (presenter)

Practices

- Life Sciences
- Healthcare
- Class Actions and Complex Litigation
- Wage and Hour

Education

- Boston University School of Law, J.D. 2012
- Saint Joseph’s University, B.A.

Admitted to Practice

- 2nd Circuit Court of Appeals 2022
- Massachusetts - D. Mass. 2020
- New York - S.D. N.Y. 2019
- Connecticut - D. Conn. 2018
- Connecticut 2014
- Pennsylvania 2013
- Massachusetts 2012