



Principal and Office Litigation Manager, Omaha

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Sarah J. Millsap is a principal and the office litigation manager of the Omaha, Nebraska, office of Jackson Lewis P.C. Sarah maintains long-standing relationships with employers in a variety of industries from healthcare to manufacturing due to her responsiveness and practical, individually tailored approach.

Sarah partners with employers to provide proactive advice and counseling on all labor and employment matters, including employment discrimination, harassment, wage and hour, disability leave management, reductions in force, policy drafting, workplace investigations and traditional labor issues. She frequently provides interactive training for executive and management teams, as well as workplaces of all sizes.

Sarah also maintains an active litigation practice, defending employers in state and federal courts against claims of discrimination, harassment, retaliation, wage and hour violations, FMLA violations and other employment disputes. She focuses on meeting each client's goals in litigation, whether that involves obtaining summary judgment, resolving a case through alternative dispute resolution or aggressive defense through trial. She also advocates for clients before a variety of state and federal agencies, including the National Labor Relations Board, Equal Employment Opportunity Commission, Department of Labor and Occupational Health and Safety Administration.

Practices

- Construction
- Corporate Governance and Investigations
- Distribution and Warehousing
- Healthcare
- Employment Litigation
- Manufacturing
- Workplace Training
- Real Estate

Education

- University of Iowa College of Law, J.D. 2005
- University of Iowa, B.A. 2002

Admitted to Practice

- 8th Circuit Court of Appeals 2016
- 10th Circuit Court of Appeals 2018
- Iowa - N.D. Iowa 2014
- Iowa - S.D. Iowa 2014
- Nebraska - D. Neb. 2013
- Iowa 2005
- Nebraska 2008

Honors and Recognitions

- *Great Plains Super Lawyers®*, "Super Lawyers" (2024)
- *Thomson Reuters*, "Stand-Out Lawyer" (2024)
- *Chambers USA*, "Up and Coming: Labor & Employment" (2023-present)
- *Nebraska Super Lawyers®*, "Rising Stars" (2014-2020)
- *The Best Lawyers in America®*, "Employment Law – Management" and "Litigation – Labor and Employment" (2025)