



(He/Him)

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Russell N. Jarem is of counsel in the Orange County, California, and the Hartford, Connecticut, offices of Jackson Lewis P.C. His practice focuses on representing employers in workplace law matters, including preventive advice and counseling.

Russell regularly advises and represents employers in a broad range of employment law matters, including litigation under state and federal anti-discrimination statutes in a variety of forums, including state and federal courts, the Department of Labor, the Connecticut Commission on Human Rights and Opportunities, and the Equal Employment Opportunities Commission. Russell has broad experience handling matters involving employment discrimination, wrongful termination, breach of contract, breach of restrictive covenants, workplace harassment, retaliation, and a variety of other statutory and common law claims.

In addition to providing litigation support, Russell counsels employers on issues arising at all stages of employment relationships.

Practices

- Advice and Counsel
- Disability, Leave and Health Management
- Hospitality
- Litigation
- Restaurants
- Restrictive Covenants, Trade Secrets and Unfair Competition
- Workplace Training

Education

- University of Connecticut School of Law, J.D. 2007
- Providence College, B.S. 2004

Admitted to Practice

- 2nd Circuit Court of Appeals 2009
- Connecticut - D. Conn. 2008
- California - C.D. Cal. 2023
- California 2023
- Connecticut 2007
- Massachusetts 2008

Honors and Recognitions

- *The Best Lawyers in America*®, "Ones to Watch: Labor and Employment Law – Management" and "Ones to Watch: Litigation – Labor and Employment" (2024-present)
- *Connecticut Law Tribune*, "New Leaders in the Law" (2022)