



Alex J. Seidenberg

Senior Associate

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About

Alex Seidenberg's practice focuses on all aspects of labor and employment law, including workplace litigation, disputes, and counseling. He advises national and smaller employers across a wide range of industries, helping them navigate complex workforce challenges. Drawing from experience as a former plaintiff-side employment litigator, Alex offers a distinctive viewpoint and strategy for resolving disputes and negotiations, effectively pinpointing any vulnerabilities.

Alex defends employers in single plaintiff and class action matters involving discrimination, harassment, retaliation, and wage and hour claims in federal and state courts, administrative agencies, and before arbitration panels. He has significant experience litigating wage and hour disputes, including claims arising under the Fair Labor Standards Act and state wage and hour laws. Alex has also prosecuted and defended actions involving breach of non-competition and non-solicitation agreements, misappropriation of trade secrets and confidential information, tortious interference with contract, and related business claims. Alex is particularly experienced at litigating arbitration matters on behalf of Wall Street executives and financial institutions in FINRA, AAA, and JAMS.

Alex counsels employers on a broad range of workplace matters, including the drafting, negotiation, and enforcement of restrictive covenants such as non-competition, non-solicitation, and confidentiality agreements. He regularly advises on wage and hour compliance, performance management, terminations, reductions-in-force, WARN Act obligations, and other employment compliance issues. Alex also conducts audits, internal investigations, and negotiates employment and separation agreements.

During law school, Alex worked for the EEOC in the Office of the General Counsel, Appellate Services Unit.

Related Services

Employment and Employee Benefits
Employment Litigation
Labor and Employment Counseling and Compliance

Education

The George Washington University Law School, J.D.

University of Maryland, College Park, B.A.

Admissions

New York

Courts

U.S. Court of Appeals–Second Circuit

U.S. District Court–Southern District of New York

U.S. District Court–Eastern District of New York

U.S. District Court–Northern District of Illinois