

Sara J. Higgins

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Sara J. Higgins is an associate and litigation lawyer with Foley & Lardner LLP and a member of the Labor & Employment and Business Litigation & Dispute Resolution Practice Groups.

Sara's work primarily involves litigation and counseling on federal and state employment matters, including issues involving discrimination and harassment, leaves of absence, wage and hour disputes on an individual and class-wide basis, employee classification, wrongful termination, trade secret protection, and the enforcement of noncompetition and nondisclosure agreements. She handles employment litigation before federal and state courts, arbitrators, and administrative agencies, including state fair employment and human rights agencies.

Sectors

- [Health Care & Life Sciences](#)

Practice Areas

- [Labor & Employment](#)
- [Litigation](#)

Education

- Northeastern University School of Law School (J.D., 2019)
- Northeastern University (B.A., magna cum laude, 2016)

Admissions

- Massachusetts
- U.S. District Court for the District of Massachusetts