

## Sarah J. Spangenburg

### Associate

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Sarah Spangenburg represents businesses in commercial litigation and labor and employment disputes. Sarah's practice focuses on assisting clients in the technology, telecommunications, and health care sectors. Sarah has also prosecuted and defended matters regarding restrictive covenants, misappropriation of trade secrets, tortious interference, and other related claims across the country.

Sarah also advises clients on a wide range of employment issues, including wage and hour compliance, I-9 compliance, employment policies and handbooks, employment agreements, severance agreements, layoffs, leaves of absence, and accommodations. In addition, she conducts internal investigations and performs labor and employment due diligence for mergers and acquisitions.

Prior to joining Foley, Sarah was an associate in the litigation department at another international law firm. She also previously served as a judicial law clerk to the Honorable Sarah A.L. Merriam in the District of Connecticut.

### Awards and Recognition

- Recognized, "Best Lawyers: Ones to Watch" for Management Labor and Employment Law and Labor and Employment Litigation by *The Best Lawyers in America*® (2024-2025)
- Recognized, "Legal Elite" by *Business North Carolina* for Employment Law (2024)

### Community Involvement

- Chair, Wake Forest University School of Law Rose Council

### Practice Areas

- [Commercial Litigation](#)
- [Litigation](#)

## Education

- Wake Forest University School of Law (J.D., cum laude, 2019)
  - Executive Editor, *Wake Forest Law Review*
- John Carroll University (B.A., magna cum laude, 2016)

## Admissions

- New York
- North Carolina
- Eastern District of North Carolina
- Middle District of North Carolina
- Western District of North Carolina
- Northern District of Illinois
- Supreme Court of the United States