



Lisa I. Fried-Grodin

Employment attorney Lisa I. Fried-Grodin is a partner and co-founder of Meyers Fried-Grodin LLP, which handles labor and employment law matters throughout the state of New Jersey and in New York City. Lisa Fried-Grodin knows that when problems occur at work, it can have a huge impact on both employees and businesses. She has devoted her legal career to handling labor and employment matters. Ms. Fried-Grodin's experience representing both employees and employers gives her insight into the values, strategies and tactics used by both sides at work and in litigation. This enables her to be both a learned advisor and a zealous advocate.

Highlights of her employment law practice include:

- Litigating cases involving discrimination, whistleblower laws, retaliation, wrongful discharge, wage and hour laws, breach of contract, tort and other statutory claims;
- Counseling clients on the best options to avoid and resolve litigation;
- Helping clients understand the complex body of state and federal employment laws governing the workplace;
- Handling separation negotiations and drafting separation agreements for clients;
- Representation of clients in proceedings before administrative agencies;
- Conducting workplace investigations;
- Drafting policies, handbooks, and employment contracts; and
- Advising employers on the risks associated with employee and company use of social networking sites and developing policies and procedures to minimize such risks.



Ms. Fried-Grodin has been practicing law since 2002. She is also a mediator on the New Jersey Court system's mediator roster for employment law, civil rights, discrimination and whistleblower cases. She also mediates cases as a private mediator.

Beyond Meyers Fried-Grodin LLP

Ms. Fried-Grodin is on the Human Resources committee of the New Jersey Business and Industry Association and on the boards of St. John's University School of Law's Labor and Employment Center and Essex Newark Legal Services. She is also director of the Morris Essex Small Firm Networking Group.

Articles/Publications

- Author, "How to Draft and Enforce a Social Media Policy in the Workplace," www.Xperthr.com (2012).
- Author, "Do's and Don'ts of Monitoring the Activities of Employees on Social Networking Sites," New Jersey Law Journal (December 6, 2010).
- Author, "New Jersey's Highest Court Provides Additional Job Protection to Workers Over Age 70 Who Are Under Contract," Fox Rothschild's Labor & Employment Department Alert (June 2010).
- Author, "Discrimination v. Whistleblower Claims," Employment Law 360 (June 12, 2009).
- Author, "Supreme Court Gives Green Light to Arbitration of Discrimination Claims in Union Settings," www.hrspotlight.com (May 6, 2009).

Speaking Engagements/Presentations

- "Avoiding Common Employment Law Traps," Institute for Entrepreneurial Leadership, Experts and Answers Seminar, Newark, N.J. (July 17, 2012).
- "What Every Corporate Lawyer Should Know About Social Media Sites," 2012 Corporate Counsel Institute, New Jersey Institute for Continuing Legal Education, New Brunswick, NJ (January 25, 2012).
- "Social Networking Sites and Workplace Issues," 2011 Business Law Symposium, New Jersey Institute for Continuing Legal Education, Woodbridge, NJ (April 8, 2011).
- "Managing the Pitfalls of Blogs and Social Networking Sites in the Workplace," New Jersey Law Journal: In-House Counsel CLE Seminar, Florham Park, NJ (November 9, 2010).
- "Social Networking in the Workplace: Fertile Ground for Leads and Legal Problems. How to Protect Your Organization From Liability From Employee Misuse and Company Use of Social Networking Sites," Human Resources NJ, Basking Ridge (April 28, 2010)

Before Meyers Fried-Grodin LLP

Before co-founding Meyers Fried-Grodin LLP, Lisa Fried-Grodin worked as an attorney at one of the nation's largest law firms and for one of the largest labor and employment law firms in New Jersey handling a wide range of employment law issues.

Before pursuing her legal career, Ms. Fried-Grodin worked as a business journalist and editor writing articles for numerous publications, including the New York Law Journal, The National Law Journal, New York Newsday, the American Management Association's Management Review, and several trade magazines for the retail, travel and media industries.

Education

J.D. St. John's University School of Law

B.S. Journalism, University of Maryland

Bar Admissions

New Jersey

New York

Court Admissions

U.S. District Court, District of New Jersey

U.S. District Courts, Southern and Eastern Districts of New York

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