

Caitlyn T. Stollings

ASSOCIATE
she / her / hers

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Caitlyn Stollings represents employers in a wide range of labor and employment matters, including litigation, workplace counseling and compliance issues. She works closely with clients to understand their industries, business operations and workforce challenges so she can provide practical guidance on sensitive workplace matters.

Caitlyn has experience representing and counseling clients of all sizes in a broad range of disputes and other matters, including:

- Litigating discrimination, harassment, retaliation, and wrongful termination claims;
- Defending against charges of discrimination filed with the Equal Employment Opportunity Commission (EEOC) and state agency equivalents;
- Defending wage and hour claims in individual and collective actions;
- Litigating restrictive covenant disputes, including matters relating to non-solicitation and non-compete agreements;
- Counseling on employee handbooks, workplace policies, and compliance matters involving leave laws, ADA accommodations, pay practices, and state and federal employment requirements.

Caitlyn also has experience managing discovery and document production in complex litigation, drafting motions and preparing witnesses and evidence for trial.

Education

- University of Virginia School of Law (J.D.)
 - Virginia Tax Review, Assistant Articles Editor
- The Honors College at the College at Brockport (B.S.)

Bar Admissions

- Tennessee
- District of Columbia

Recognition

Capabilities

- Employment Litigation, Arbitration & Dispute Resolution
- Commercial Litigation
- Labor & Employment
- Employment Advice & Investigations
- Employment Class & Collective Actions
- Litigation

- Named one of *Best Lawyers: Ones to Watch® in America* in:
 - Labor and Employment Law - Management, 2026
 - Litigation - Labor and Employment, 2026