

## Charles F. Trowbridge

Associate

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### Focus Areas

Workers' Compensation  
Discrimination and Harassment  
Leaves of Absence and Disability Accommodation

### Overview

Chuck Trowbridge represents employers in a wide range of labor and employment matters involving workers' compensation, discrimination, harassment, retaliation, misclassification, wage and hour regulations, and wage garnishment issues. He has successfully defended employers in state courts and before administrative agencies, and has argued before the Court of Appeals of Virginia.

In addition to his litigation practice, Chuck strives to provide practical and creative solutions that meet each client's unique needs and goals. He advises clients on various employment law issues to ensure compliance with:

- Fair Labor Standards Act (FLSA)
- Americans with Disabilities Act (ADA)
- Family and Medical Leave Act (FMLA)
- Title VII of the Civil Rights Act
- Other federal, state, and local employment laws

Outside of the office, Chuck served as a mentor for first-year law students in the Washington, D.C. area while volunteering with the Leadership Council on Legal Diversity. He is also a member of Littler's "Fun Committee," where he plans and organizes office events.

Prior to joining Littler, Chuck practiced at another law firm in Virginia where he represented employers in workers' compensation matters. While in law school, Chuck served as a peer advisor and as president of the Virginia Sports Law Society.

## Education

J.D., University of Virginia School of Law, 2011

B.A., Villanova University, 2007, *cum laude*

## Bar Admissions

Virginia

District of Columbia

California