

Adam P. Forman

Shareholder

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Practice Areas

Discrimination and Harassment
Leave and Accommodation
Business Restructuring and M&A

Overview

Adam P. Forman advises employers in a broad range of employment law matters. His practice is dedicated to providing day-to-day counseling to clients on all issues that touch the workplace and to drafting critical employment-related documents such as employment contracts, severance agreements, handbooks and reduction-in-force documentation. He conducts employment-related trainings for clients on topics as varied as harassment prevention, hiring techniques, conducting investigations and boot camps for managers.

Adams' clients span the following industries:

- Technology
- Biotech
- Medical devices
- Venture capital
- Manufacturers
- Restaurants

Adam is the exclusive winner of the 2016 Client Choice Award in the Employment & Benefits category for the Commonwealth of Massachusetts, issued by the International Law Office and Lexology. He is an active member of the firm's International Employment Law Practice Group, and he co-authored the firm's *Start-Up Guide For Foreign Employers*. Biannually, he conducts a course on U. S. employment laws in London and has conducted similar courses in Dublin and Tel Aviv.

Prior to joining Littler, Adam served as the chair of the labor and employment practice for another Boston firm. From 2006 to 2009, he was elected and served on the Board of Selectmen for the Town of Swampscott, MA.

Professional and Community Affiliations

- Member, American Bar Association
- Member, Massachusetts Bar Association
- Member, Boston Bar Association

Recognition

- Awarded, AV® Peer Review Rating, *Martindale-Hubbell*
- Named, The Best Lawyers in America®, 2013-2025
- Ranked, Labor & Employment, *Chambers USA*, 2004-2024
- Named, Super Lawyer, Massachusetts, *Super Lawyers*, 2004-2018
- Named, Top Rated Litigator, *The American Lawyer*, 2022
- Named, Client Service All-Star, *BTI Consulting*, 2020-2021, 2024
- Recommended, Labour & Employment, *Who's Who Legal*, 2024
- Awarded, Client Choice Award, *International Law Office and Lexology*, 2014, 2016
- Named, International Who's Who of Management Labour and Employment Lawyers, *Who's Who Legal*, 2012-2015
- Named, Who's Who in American Law, 2011-2014
- Massachusetts Fellow, *American Bar Foundation*, 2011-2013
- Named, Guide to the World's Leading Labor and Employment Lawyers

Education

J.D., Georgetown University Law Center, 1987, *cum laude*

B.A., Pennsylvania State University, 1984, *With High Distinction*

Bar Admissions

Massachusetts

Publications & Press

Littler Ranked in 2024 Chambers USA Guide

Press Release

June 6, 2024

Littler Recognized in 2023 Chambers USA Guide

Press Release

June 6, 2023

Littler Ranked in Chambers USA Guide 2022

Press Release

June 1, 2022

Best Lawyers in America© 2022 Edition Honors More Than 240 Littler Lawyers

Press Release

August 19, 2021

Littler Ranked in Chambers USA Guide 2021

Press Release

May 27, 2021

Littler Attorneys Recognized by BTI Consulting and Lawdragon

Press Release

December 15, 2020

Best Lawyers in America© 2021 Edition Honors More Than 250 Littler Lawyers

Press Release

August 20, 2020

Best Lawyers in America© 2020 Edition Honors More Than 200 Littler Lawyers; 14 Named Lawyer of the Year

Press Release

August 15, 2019

Littler Ranked in 2019 Chambers USA Guide

Press Release

April 25, 2019

"At-Will" Employment: Is It As Easy To Sack A U.S. Employee As You've Heard?

VSHRM Online

September 4, 2018

Best Lawyers in America© 2019 Edition Honors More Than 200 Littler Lawyers

Press Release

August 15, 2018

Littler Ranked in 2018 Chambers USA Guide

Press Release

May 15, 2018

Best Lawyers in America© 2018 Edition Honors More Than 200 Littler Lawyers

Press Release

August 17, 2017

Littler and Its Attorneys Receive Top Rankings in 2017 Chambers USA Guide

Press Release

May 26, 2017

The Best Lawyers in America© Honors More Than 180 Littler Lawyers in Its 2017 Edition

Press Release

August 16, 2016

Chambers USA Recognizes Littler and Attorneys in 2016 Guide

Press Release

May 27, 2016

Littler Attorneys Recognized in the Best Lawyers in America© 2016 Edition

Press Release

August 18, 2015

Massachusetts Attorney General Creates a "Safe Harbor" From the Requirements of the Massachusetts Sick Leave Law

Littler ASAP

May 26, 2015

Chambers USA Recognizes Littler and Its Attorneys

Press Release

May 20, 2015

Proposed Regulations Shed Light on Unanswered Massachusetts Sick Leave Questions

Littler ASAP

May 12, 2015

What to Expect When Your Male Employee Is Expecting: Massachusetts Replaces Maternity Leave Act with Parental Leave Act

Littler ASAP

February 6, 2015

Massachusetts Voters Approve Paid Sick Leave Law

Littler ASAP

November 7, 2014

Littler Attorneys Included in the Best Lawyers in America© 2015 Edition

Press Release

August 18, 2014

Littler and Its Attorneys Ranked In 2014 Chambers USA Guide

Press Release

May 23, 2014

Littler Named Law Firm of the Year for Labor and Employment by Who's Who Legal

Press Release

April 2, 2014

Littler and Its Attorneys Receive Top Rankings from the International Law Office and Lexology in the Annual Client Choice Awards

Press Release

April 1, 2014

Littler Forms Robotics Practice Group to Help Employers Prepare for the Workplace of the Future

Press Release

October 23, 2013

Start-Up Guide for Foreign Employers in the United States (Second Ed.)

Littler Report

October 2013

Littler Attorneys Named in Best Lawyers in America® 2014 Edition

Press Release

August 15, 2013

Class Action Waivers in Arbitration Agreements in Massachusetts

Littler ASAP

July 15, 2013

Littler Named Management, Labour and Employment Firm of the Year by Who's Who Legal

Press Release

June 24, 2013

Littler Mendelson Named in the 2013 Chambers USA Guide

Press Release

May 24, 2013

The 2012 Global Employer: Highlights of Littler's Fifth Annual Global Employer Institute

Littler Report

February 21, 2013

Best Lawyers in America® Names 164 Littler Attorneys to 2013 Edition

Press Release

September 7, 2012

Littler Named World's Leading Law Firm for Management Labor and Employment Work

Press Release

June 12, 2012

Littler Recognized as Highly Regarded Labor & Employment Firm by Who's Who Legal and Dominates its Top Attorneys List

Press Release

July 11, 2011

Start-Up Guide for Foreign Employers in the United States

Littler Report

May 11, 2011

Massachusetts Imposes Onerous New Personnel File Requirements

Littler ASAP

August 23, 2010

Littler Attorneys Honored by Chambers USA

Press Release

June 21, 2010

11 Littler Mendelson Lawyers Recognized as Legal Elite by Chambers USA

Press Release

June 19, 2006

Adam Forman Comments on Companies Needs for Disaster Plans for Avian Flu

Boston Business Journal

February 2, 2006

State Wage Payment Laws Pose Unique Challenges

National Law Journal

January 12, 2004

Events & Speaking Engagements

The Economic Downturn is Coming: Are You Prepared?

Boston, MA

December 10, 2019

Accommodating Mental Health Issues in the Workplace

2019 New England Employer Conference, Newton, MA

September 27, 2019

HR Forum: Conquering the Cannabis Conundrum

Keystone Partners

June 13, 2019

Going Stateside - An Employment Law Roadmap for Success

London

March 13, 2019

The Pay Equity Wave Rolls On: What Massachusetts Employers Need to Know to Stay Afloat

June 13, 2018

2018 Employment Law Update

Boston, MA

June 8, 2018

Employment Law Update: Outsourcing in Brazil and Selected Central and South American Jurisdictions

October 17, 2017

Employment Law Update

Boston, MA

April 4, 2017

Leaves of Absence: The Ongoing Challenges of Complying with the ADA and FMLA

2016 New England Employer Conference, Burlington, MA

October 13, 2016

Employment Law Update: Navigating a Changing Landscape

Boston, MA

June 24, 2016

DOL's Proposed Changes to the White Collar Regulations: What Should Employers Do Now?

Boston, MA

November 5, 2015

Employment Law: Navigating a Changing Landscape

Boston, MA

June 5, 2015

Doing Business In Israel and the U.S.? Don't Forget These Immigration & Employment Tax Issues

February 18, 2015

Massachusetts Voters Said Yes To Paid Sick Leave... Now What?

December 17, 2014

Employment Law: Trends, Threats and Tactics in 2014

Boston, MA

May 21, 2014

Global Mobility: Employment and Taxation Implications

April 3, 2014

International Employment Law Update

October 10, 2013

2013 Employment Law Update

Boston, MA

February 27, 2013

Forging a Global HR Team to Align with a Global Business: Transparency and Integration

Littler Mendelson, Washington D.C.

November 9, 2012

Dramatic Employment Law Reforms in Italy: What an International Employer Needs to Know

September 27, 2012

The ADA in Real Life: An Interactive Case Study

Boston, MA

September 14, 2012

CORI Reform Act: What Employers Need to Know Now

August 9, 2012

The ADA in Real Life

Littler Mendelson, Scottsdale, AZ

May 11, 2012

Employment Law USA (conducted in London twice a year)

JSB Group Ltd.

2006-2012

ADA Alert: The EEOC Has Issued Important New Compliance Regulations

Boston, MA

May 19, 2011

Cross-Border Employment and Labor Law Topics

May 17, 2011

Cross-Border Employment and Labor Law Topics

March 14, 2011

Cross-Border Employment and Labor Law Topics

January 13, 2011

Making Sense of the "Ban the Box" and Personnel Record Legislation in MA

December 2, 2010

Making Sense of the Onslaught of New Employment Legislation in MA

Boston, MA

October 15, 2010

Cross-Border Employment and Labor Law Topics

October 7, 2010

Cross-Border Employment and Labor Law Topics

June 30, 2010

Employers Beware: Proposed New Regulations Will Dramatically Change the ADA

Boston, MA

December 10, 2009

Cross-Border Employment and Labor Law Topics

November 20, 2009

Cross-Border Employment and Labor Law Topics

April 3, 2009

Cross-Border Employment and Labor Law Topics

February 3, 2009

Managing Leaves of Absence

Boston, MA

January 20, 2009

New FMLA and ADA Amendments

January 8, 2009

Cross-Border Employment and Labor Law Topics

December 5, 2008

Managing Leaves of Absence: Preparing for FMLA Changes and Responding to ADA Changes and Challenges

Boston, MA

June 4, 2008