Arrissa K. Meyer

Shareholder

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Practice Areas

Labor Management Relations
Discrimination and Harassment

Overview

Arrissa K. Meyer is board certified in labor and employment law by the Texas Board of Legal Specialization. Although she has significant experience in employment law, she focuses her practice on traditional labor law.

Arrissa regularly handles unfair labor practice charges, represents employers in labor arbitration and grievance proceedings, negotiates collective bargaining agreements, assists clients through representation elections, performs union avoidance training sessions, and provides advice and counsel regarding labor management relations.

In the employment arena, Arrissa defends clients in civil litigation, including collective and class actions, involving claims under Title VII, ADA, ADEA, FLSA, FMLA, TCHRA, and various other state and federal employment laws. She has also handled EEOC and Department of Labor investigations and administrative whistleblower complaints and drafted and reviewed separation agreements, employment agreements and handbooks.

Arrissa enjoys getting to know her clients as well as the ins and outs of their business as she counsels them on day-to-day labor and employment issues. Clients know they can call Arrissa and get a prompt response that includes practical and easy-to-understand advice, and she feels like she has succeeded in her practice when she becomes a valued part of her clients' employment decision-making process.

In law school, she was an articles editor for the *SMU Law Review Association.*

Professional and Community Affiliations

- Member, Dallas Bar Association
- Member, Federal Bar Association
- Member, Dallas Museum of Art Junior Associates
- Member, Delta Delta Delta, Dallas Alumnae Chapter
- Member at Large, Young Leaders Board of Directors, Genesis Women's Shelter

Recognition

- Named, Rising Star, Texas, *Super Lawyers*, 2017-2020
- Order of the Coif

Education

J.D., Southern Methodist University, Dedman School of Law, 2010, *magna cum laude*
B.A., University of Oklahoma, 2007, *summa cum laude, Phi Beta Kappa*

Bar Admissions

Texas

Courts

U.S. District Court, Northern District of Texas
U.S. District Court, Western District of Texas
U.S. District Court, Eastern District of Texas

Publications & Press

Littler Lounge: The Labor Law Pendulum – Navigating Change in 2025
Littler Podcast
June 26, 2025

Littler Elevates 28 Attorneys to Shareholder
Press Release
January 6, 2020

NLRB Eases Standard for Withdrawing Union Recognition Upon Contract Expiration
Littler ASAP
July 9, 2019

Three Emerging Labor and Employment Risks in M&A Transactions
Texas Lawyer
April 8, 2019

Common Wage and Hour Issues in the Oil & Gas Industry
The Houston Lawyer
January/February 2015

Title VII - Eighth Circuit Holds that Reasonable Accommodation Language Does Not Require Employers to Eliminate Conflict between Work and Religious Beliefs
62 SMU L. Rev. 829
2009

Events & Speaking Engagements

2024 Dallas Regional Employer Conference
Dallas, TX
August 1, 2024

Labor Law for Employers: What Every Business Needs to Know
June 26, 2024

Labor Law for Employment Lawyers: What Every Business Needs to Know
Littler Executive Employer Conference, Phoenix, AZ
May 9, 2024

2023 Dallas Regional Employer Conference
Dallas, TX
August 3, 2023

2022 Labor and Employment Law Update
July 28, 2022

The State of Labor Relations Through the Littler Lens
Littler Executive Employer Conference
May 5, 2022

2019 Dallas Regional Employer Conference
Dallas, TX
July 18, 2019

2018 Employment and Labor Law Update
Dallas Bar Association Corporate Counsel Section Meeting, Dallas, TX
October 2, 2018

Employment Agreement Pitfalls
Association of Legal Administrators Meeting, Dallas, Texas

September 26, 2017

Disability Etiquette and Awareness Panel
employAbility Education Series, Dallas, TX
August 22, 2017

Employment Law 101 & FLSA 201
Smith County Bar Association 2017 Federal Practice CLE, Tyler, TX
February 2017