

Belén Estellés-Zanón Carrascosa

Associate

Via Brisa 3

Milano, MI 20123 Italy

main: +39 02 82879600

direct:

bestelleszanon@littler.com



Practice Areas

HR Advice and Counsel

Litigation and Trials

Workers' Compensation

Overview

Belén Estellés-Zanón Carrascosa represents and advises employers in all areas of labor and employment law. She has gained experience in Spain and Italy, assisting companies with employment contracts, litigation, restructurings, and compensation policies.

During law school, she completed internships at leading Spanish law firms and participated in an Erasmus program in EU International Public Law in Hungary.

Education

Master of Access to the Legal Profession, Universidad CEU Cardenal Herrera, 2022

LL.M., Commercial Law and International Relations, Universidad CEU Cardenal Herrera, 2021

Law Degree (bilingual English-Spanish), University of Valencia, 2020, *High Academic Performance Mention*

Erasmus+ Program in EU Public International Law, University of Pécs, Hungary, 2018

Bar Admissions

Italy

Spain

Languages

Spanish

Italian

English

Catalán

Publications & Press

Milan–Cortina 2026: The Employment Law Behind the Winter Olympic and Paralympic Games

Littler ASAP

February 4, 2026