

Christopher M. Helt

Associate

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Practice Areas

Litigation and Trials

Overview

Christopher M. Helt represents companies from a variety of industries at all stages of labor and employment litigation. He has successfully defended employers in matters across the country in state and federal courts and before various administrative agencies. Chris has litigated claims involving:

- Whistleblowing and retaliation
- Title VII
- The Americans with Disabilities Act
- The Age Discrimination in Employment Act
- The Fair Labor Standards Act
- The Family and Medical Leave Act
- The Missouri Human Rights Act
- The Kansas Act Against Discrimination

Chris also advises employers on compliance with labor and employment laws, including Title VII and analogous state antidiscrimination statutes.

Before joining Littler, Chris practiced commercial litigation, specializing in commercial real estate disputes. He has experience in litigation and settlement of numerous such matters, including multimillion dollar bank-fraud and commercial lease lawsuits.

During law school, Chris was a notes editor for the *Washburn Law Journal*. He was named Top Oralist Overall in the Evans National Constitutional Law Moot Court Tournament, and served as vice president of the Washburn Moot Court Council where he received Top Brief and Top Oralist Awards.

Recognition

- Named, Ones to Watch, *The Best Lawyers in America*®, 2021-2025
- Order of the Barristers, *Washburn University School of Law*
- Second Place Winner, *Adam A. Milani Disability Law National Writing Competition*
- Recipient, CALI Awards, Legal Writing I and II; Constitutional Law; Federal Courts; Negotiation; White Collar Crime; Real Estate Transactions, *Washburn University School of Law*
- Captain, All-Regional Attorney, Washburn University, *Mock Trial Team*

Education

J.D., Washburn University School of Law, 2018, *magna cum laude*

B.A., Washburn University, 2015, *summa cum laude*

Bar Admissions

Missouri

Kansas

Courts

U.S. District Court, Western District of Missouri

U.S. District Court, District of Kansas

Missouri Supreme Court

Kansas Supreme Court

Events & Speaking Engagements

How to Conduct Effective Workplace Investigations

ACC Mid-America

October 11, 2023

Books & Book Chapters

- Gender and Sexual Orientation Discrimination and Sexual Harassment, *Practising Law Institute, Employment Law Yearbook*, co-author, 2024