



Timothy H. Powell

Special Counsel

One Monument Square
456 Congress Street, Suite 600
Portland, ME 04101
main: +1 (207) 774-6001
direct: (207) 699-1120
fax: +1 (207) 775-6407
tpowell@littler.com



Practice Areas

Discrimination and Harassment
Whistleblowing, Compliance and Investigations
Leave and Accommodation
HR Advice and Counsel
Handbooks and Policies

Overview

Timothy H. Powell advises employers on a broad range of labor and employment matters, including issues of:

- Hiring, discipline and discharge
- Discrimination and retaliation
- Leaves and accommodations
- Wage and hour
- Noncompetition agreements
- Employee handbooks and policies
- Employment contracts
- Severance agreements

Tim represents clients in proceedings before state and federal courts and administrative agencies, including the Equal Employment Opportunity Commission, state human rights commissions, the Department of Labor, and the National Labor Relations Board.

He has previously practiced employment law with firms in Maine and Massachusetts. While in law school, Tim was a note editor of the *Boston University Law Review*. Prior to law school, Tim was a litigation paralegal at a Washington, D.C. firm.

Professional and Community Affiliations

- Member, American Bar Association
- Member, Maine Bar Association

Recognition

- Named, The Best Lawyers in America®, 2023-2025
- Named, Ones to Watch, *The Best Lawyers in America*®, 2021-2022
- Named, Rising Star, New England, *Super Lawyers*, 2019

Education

J.D., Boston University School of Law, 2013, *cum laude*

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

Bar Admissions

Maine

Massachusetts

Courts

U.S. Court of Appeals, 1st Circuit

U.S. District Court, District of Maine

U.S. District Court, District of Massachusetts

Publications & Press

Maine Legislative Roundup: New Employment Laws Were Enacted This Session

Littler ASAP

July 14, 2023

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

Press Release

August 19, 2021

Maine Legislative Update: Back to Work Incentives, Ban the Box, Tip Minimum, and Other Developments Affecting Employers

Littler ASAP

July 22, 2021

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

Press Release

August 20, 2020

Office doors reopening in Maine, but just a crack

Portland Press Herald

July 5, 2020

Outlawing Impolite Behavior at Work: An Ominous Trend

New England In-House, Massachusetts Lawyers Weekly, Daily Record, and Rhode Island Lawyers Weekly

August 2015

As a Law Grows Older, We Feel Younger: Is it Time the Age Discrimination Law Got a Makeover?

Corporate Counsel

July 22, 2015

Revisiting Federalism Concerns in the Offshore Wind Energy Industry in Light of Continued Local Opposition to the Cape Wind Project

92 B.U. L. Rev. 2023

2012

Events & Speaking Engagements

2024 Maine Employment Law Update

July 24, 2024

2021 New England Virtual Employer Conference

November 9, 2021

Returning to Work and the “New Normal”: Legal Issues Facing Employers in the Wake of COVID-19

May 21, 2020

New England: Small States with Big Paid Sick Leave Obligations

2019 New England Employer Conference, Newton, MA

September 27, 2019