



West Holden

Of Counsel

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Overview

West Holden represents management in various aspects of labor and employment law, defending and counseling employers in litigation of employment disputes including:

- Title VII of the Civil Rights Act of 1964
- The Fair Labor Standards Act (FLSA)
- The Family Medical Leave Act (FMLA)
- The Americans with Disabilities Act (ADA)
- The Age Discrimination in Employment Act (ADEA)
- Retaliation

West also provides employers with preventive counseling on day-to-day employment issues, including investigations, discipline, terminations, and employee handbooks.

Prior to joining Littler, West practiced in the Tampa office of an international, full-service law firm, representing employers in all aspects of labor and employment law. After law school, West worked as a fellow at the Equal Employment Opportunity Commission's Miami office.

Education

J.D., The George Washington University School of Law, 2014, *with honors*

B.A., Brigham Young University, Hawaii, 2010, *magna cum laude*

Bar Admissions

Florida

Washington

Courts

U.S. District Court, Southern District of Florida
U.S. District Court, Middle District of Florida
U.S. District Court, Northern District of Florida
U.S. District Court, Eastern District of Washington

Publications & Press

Littler Team Secures A Quick Preliminary Injunction for CyberCoders

Press Release

April 30, 2025

Events & Speaking Engagements

2024 Florida Regional Employer Conference

Orlando, FL

November 14, 2024

The U.S. Labor Shortage: Employer Responses, Employment Law Challenges

November 5, 2021