

Adam Sanderson

SENIOR ASSOCIATE

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Adam Sanderson is a Senior Associate in the firm's Labor and Employment practice, where he advises and defends employers in a wide range of workplace matters. He brings years of experience from a nationally recognized boutique employment law firm, where he represented clients in complex litigation involving wage and hour disputes, employee benefits, and workplace discrimination.

Adam is admitted to practice in Florida, New York, and Massachusetts, as well as before the U.S. District Courts for the Western and Northern Districts of New York. His litigation experience includes class and collective actions under the FLSA, ERISA, FCRA, Section 1981, and various state laws governing compensation and data privacy as well as a wide variety of individual employment matters.

He manages all phases of litigation, from conducting depositions and overseeing e-discovery to drafting motions on discovery, dispositive issues, and class certification matters. Adam works with expert witnesses and supports case strategy in multi-plaintiff disputes.

Beyond litigation, Adam counsels employers on compliance issues and helps develop policies to reduce workplace legal risks. Having spent a number of years representing individuals, Adam brings a unique perspective to the table on factors that could motivate employees to bring a lawsuit. He strives to use that perspective to head off issues before they result in litigation. He takes a practical approach to employment law, focusing on cost-effective solutions that align with business operations.

News

Lowndes Welcomes Adam Sanderson as Senior Associate in Labor and Employment Practice
08.28.2025 | PRESS RELEASE

Practices & Industries

Labor & Employment Law

Litigation

Admissions

Florida

Massachusetts

New York

U.S. District Court, Northern District of New York

U.S. District Court, Western District of New York

Education

- Syracuse University College of Law, J.D., 2018
- Providence College, B.S., 2015; Finance

Publications

On the Road Again: Why the Supreme Court's Next Arbitration Case Matters for Florida Businesses
10.29.2025 | ARTICLE

Florida's Minimum Wage Increases to \$14.00/Hour at Month-End
09.05.2025 | ARTICLE