



SARA SIDWELL

Partner

sara.sidwell@maslon.com

Phone: 612.672.8370 | Fax: 612.642.8370

OVERVIEW

Sara Sidwell is a partner in Maslon's Labor & Employment Group with extensive experience representing and advising both large and small employers in all aspects of employment law. Her expertise includes discrimination and harassment claims, disability and leave management, workplace investigations, workforce reductions, employment contracts, wage and hours compliance, background checks and FCRA compliance, performance management, non-compete agreements and restrictive covenants, commission agreements and claims, OSHA and safety issues, workers' compensation, and whistleblower claims. As both a skilled counselor and litigator, Sara specializes in working with clients to manage workplace issues proactively and efficiently.

With over 10 years' experience in private practice, as well as six years spent in-house at two large, multi-state employers, Sara emphasizes a collaborative approach with clients. She ensures that she understands clients' business needs and how the client defines success, and crafts strategies that are consistent with clients' goals. Sara is a seasoned counselor, partnering with and providing practical and strategic advice to human resources, in-house legal teams, and business leaders across a broad range of industries, including financial services, manufacturing, transportation, retail, and health care.

LEADERSHIP & COMMUNITY

- Minnesota State Bar Association
- Minnesota Women Lawyers
- Iowa Legal Aid: Volunteer Attorney
- Iowa State Bar Association
- Indian Creek Nature Center: Board Member

AREAS OF PRACTICE

Labor & Employment

- Counseling Employers
- Defending Employers
- Labor-Management Relations

Litigation

- Business Litigation
- Employment Litigation

BAR ADMISSIONS

Minnesota

U.S. District Court

- Minnesota
- S.D. Iowa

U.S. Court of Appeals

- Eighth Circuit

Iowa

EDUCATION

University of Iowa College of Law
J.D., 2003

University of Iowa
B.A., 1999

Anthropology/South Asian Languages and Literature

Dean's List, Graduated with Distinction,
Graduated with Honors in South Asian
Languages and Literature