ECKERT SEAMANS



Jeffrey W. Larroca

MEMBER

Jeffrey Larroca focuses his practice almost exclusively on labor and employment law, providing advice and counsel for corporate and non-profit clients. Mr. Larroca also maintains a regular practice litigating employment matters before federal and state administrative agencies and courts.

His expertise includes the following:

- Writes and conducts supervisor and employee training programs in numerous areas of employment and human resources law, to include anti-harassment and EEO training.
- Conducts confidential investigations.
- Drafts, reviews, and updates employment policies and procedures.
- Assists clients with high level employment contract negotiations, terminations, exit packages, and reduction in force.
- Exercises his skills in multiple aspects of employment law, including Title VII, FMLA, ADA, FLSA, ADEA, labor relations, employment contracts, whistleblower claims, and class action defense.

Jeff serves as an Inclusion Ambassador for the firm's Inclusion team.

PROFESSIONAL AFFILIATIONS

- Insight into Diversity, Member of the Board of Directors
- Metropolitan Area Credit Union Management Association
- The Catholic University's Columbus School of Law, Former Adjunct Professor (2001-2006)

AWARDS AND RECOGNITION

- Selected for inclusion as The Best Lawyers in America 2023 – 2027 for Litigation – Labor and Employment
- Recognized as a 2015 Client Service All-Star by BTI Consulting Group Inc.
- Selected for *Probate and Property's* 1996 Excellence in Writing Award, Best Cutting Edge Article on Real Property for his article "Changes Ahead: The Section 8 Program Under Fire."

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PRACTICE AREAS:

Litigation

Labor & Employment

Education

STATE ADMISSIONS:

District of Columbia

Maryland

EDUCATION:

J.D., The Catholic University Columbus School of Law, 1994

B.A., James Madison University, 1986

NEWS AND INSIGHTS

PUBLICATIONS

- "Harassment Cases: High Profile or Not, a Volatile Thicket (HR Daily Advisor)," HR Daily Advisor, October 24, 2016.
- "Binding Agreement: Can 'Love Contracts' Govern Your Inter-Office Romance?" Observer, May 2016.
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- "Global Diversity and the American Workforce," Insight Into Diversity, December 2010.
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- "The Rights of Veterans and Those Who Serve," Insight Into Diversity, April/May 2010.
- "FMLA and Schools: The "Special Rules" for Teachers," Insight Into Diversity, March 2010.
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