

Lindsey A. McCarthy

Associate

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Overview

Lindsey McCarthy represents employers in all aspects of employment litigation and advises employers on day-to-day workplace issues. She defends clients against claims involving discrimination, harassment, retaliation, and wrongful termination in state and federal courts and before administrative agencies. Lindsey also has experience litigating restrictive covenant disputes and has represented employers seeking injunctive relief to enforce non-disclosure, non-competition, and non-solicitation agreements. She also counsels employers on proactive compliance with employment laws and prepares employment-related agreements and documents, including employment agreements, separation agreements, employee handbooks, and other workplace policies.

Practices & Industries

- **Employment & Labor**
- **Employment Contracts**
- **Employment Counseling & Training**
- **Employment Litigation**
- **Litigation**
- **Restrictive Covenants & Trade Secrets**
- **Wage and Hour Compliance & Employee Compensation**

Education and Credentials

Education

University of Connecticut School of Law, J.D., *with Honors,* 2020, *Connecticut Law Review*, Executive Editor; Moot Court Board

Bentley University, B.A., *magna cum laude*, 2017

Admissions

State of Connecticut

Commonwealth of Massachusetts

U.S. District Court, District of Connecticut

U.S. District Court, District of Massachusetts

Affiliations

Connecticut Bar Association

Connecticut Women's Council

Recognition and Community

No aspect of this advertisement has been approved by the highest court of any state. Prior results do not guarantee a similar outcome. See Awards Methodology.

Recognitions

Selected to the list of Connecticut *Super Lawyers* Rising Stars®, Employment & Labor, 2024-2026

Received the Connecticut Bar Association Labor and Employment Award

Received CALI Excellence Awards for Legal Profession and Street Law in the High Schools

Insights

Connecticut Enacts Broad Workforce Legislation Impacting Employer Obligations
Day Pitney Alert, May 27, 2026

Key Connecticut Employment Law Developments Employers Should Address in 2026
Day Pitney Alert, January 22, 2026

Second Circuit Clarifies Employer Obligations Under ADA: Accommodation May Be Required Even If Employee Can Perform Essential Job Functions Without It
Day Pitney Alert, April 24, 2025

No Consequential Damages: Third Circuit Refuses to Recognize NLRB's Remedial Authority Beyond Reinstatement and Back Pay
Day Pitney Alert, January 3, 2025

A Mostly Quiet Year for Employment Laws During Connecticut's 2024 Legislative Session
October 21, 2024

EEOC Final Rule and Interpretive Guidance on the Pregnant Workers Fairness Act and Legal Challenge to the Final Rule
May 30, 2024

Connecticut Employee's Claims That She Was Terminated Based on Medical Marijuana Use Go Up in Smoke
March 26, 2024

Connecticut Employers Beware: Despite Quiet Legislative Session, Big Changes Could Be on the Horizon
July 18, 2023

UPDATED: New York City Makes Moves to Expand Protections Against Appearance-Based Discrimination
May 18, 2023

Connecticut Expands Employment Anti-Discrimination Protections
January and February 2023

2022 Connecticut Employment Law Recap
February 2, 2023

Omnibus Spending Bill Includes New Workplace Protections for Pregnant and Nursing Employees
January 19, 2023

Connecticut Expands Anti-Discrimination Protections
October 20, 2022

Day Pitney's Annual Employment and Labor Conference Session 2
June 16, 2022

Connecticut FMLA Notice Requirement Takes Effect July 1
June 27, 2022

Don't Be Late Paying Terminated Employees in Massachusetts
April 27, 2022

Don't Be Late on Wage Payments to Terminated Employees in Massachusetts
April 7, 2022

Updated: The Supreme Court Has Spoken: OSHA ETS Stayed
January 14, 2022

New Year, New(ish) Connecticut Employment Laws
January 13, 2022

Sixth Circuit Lifts Stay of OSHA COVID-19 Emergency Temporary Standard Requiring Vaccination or Testing
Day Pitney Alert, December 21, 2021

UPDATED: OSHA Issues COVID-19 Emergency Temporary Standard Requiring Vaccination or Testing
November 9, 2021

News

Day Pitney Welcomes Fifteen First-Year Associates
January 25, 2021

In The Media

Staying Compliant in the Tri-State: The Latest in Employment Law Webinar
December 16, 2025

"Conducting Effective Internal Investigations," Case Studies in Compliance Systems, UConn Law 2025
March 4, 2025

Employee's Medical Marijuana Termination Claim Goes Up in Smoke
April 15, 2024

"Conducting Effective Internal Investigations," Case Studies in Compliance Systems, UConn Law
February 19, 2024

"You Just Heard from CHRO: Now What?," Connecticut Business and Industry Association
November 2, 2023

CBIA 2022 Human Resources Conference
March 17, 2022

Over-the-Hill Yet Still Fighting Uphill Battles to Find Jobs: The Plight of Older Job Applicants Under the ADEA
Connecticut Law Review, April 2020, February 10, 2021