

MEREDITH A. BOX

Senior Associate / Nashville

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Meredith Box dedicates her legal practice to advising and representing management clients facing employment law challenges.

Meredith represents management clients in all aspects of employment litigation and counseling. With particularly strong experience in the healthcare, insurance, transportation, and artificial intelligence sectors, Meredith is known for her strategic, business-minded approach and her ability to help clients navigate complex workplace issues while minimizing legal risk. Meredith understands the unique challenges faced by both large corporations and small businesses. She approaches each client relationship as a partnership—working collaboratively to develop practical solutions tailored to the specific needs of the organization. Fierce when necessary but always grounded in logic, Meredith is a strong advocate who prioritizes clear communication and sound strategy.

Before joining FordHarrison, Meredith was an associate in the Nashville office of a large national general services law firm, where her practice focused on high-stakes healthcare liability litigation, insurance defense, healthcare policy and regulatory matters, wrongful death litigation, and other general liability issues. Earlier in her career, she served as a judicial law clerk to the Honorable James G. Martin III in Tennessee's 21st Judicial District, where she gained valuable insight into judicial reasoning and trial practice.

Outside of her legal practice, Meredith enjoys hiking, snow skiing, and cheering on the Tennessee Volunteers.

Representative Experience

- » Obtained summary judgment in favor of an attorney and law firm in a legal malpractice action.
- » Defended hospitals and individual health care providers in complex medical malpractice actions.
- » Successfully obtained summary judgment and dismissal of a plaintiff's wrongful death claim in a construction negligence action.

EDUCATION

- » Belmont University College of Law (J.D., 2020)
- » University of Tennessee (B.S., 2016)

BAR ADMISSIONS

- » Tennessee

COURT ADMISSIONS

- » U.S. District Court for the Eastern District of Tennessee
- » U.S. District Court for the Middle District of Tennessee
- » U.S. District Court for the Western District of Tennessee

- » Successfully obtained summary judgment on behalf of a national healthcare client in a lawsuit alleging sexual harassment and retaliation.
- » Meredith frequently defends employers before the Equal Employment Opportunity Commission and its state equivalents and has assisted clients across the country on issues ranging from litigation to general workplace compliance.

Honors & Awards

- » *The Best Lawyers in America: Ones to Watch*, Labor and Employment Law - Management, and Litigation - Labor and Employment (2025)

Memberships

- » American Bar Association
- » Tennessee Bar Association
- » Nashville Bar Association
- » Lawyers' Association for Women, Marion Griffin Chapter
- » Medical Professional Liability Association

News & Insights

- » August 13, 2025 - Sixth Circuit Requires Proof of Intent for Employers to be Liable for Harassment by a Nonemployee
- » June 24, 2024 - "What Businesses Need to Know About AI." BerniePortal - Brokers' Corner Podcast
- » April 18, 2024 - Supreme Court Rules that the FAA's Arbitration Exemption is Not Limited to Transportation Industry
- » August 22, 2023 - Pregnant Workers Fairness Act - EEOC Proposed Regulations
- » August 21, 2023 - Celebrating Growth and Expertise: FordHarrison Introduces a Stellar Team of Eight New Attorneys

Offices

- » *Nashville:*
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