

HEATHER R. BOSHAK

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Heather Boshak focuses her practice on employment litigation, representing employers nationwide in federal and state courts, as well as before various administrative tribunals and advising employers on compliance with state and federal laws and regulations.

Heather's extensive litigation experience includes defending employers in cases involving sexual harassment, discrimination based on race, national origin, gender, disability, and age, breach of contract, whistleblower retaliation, violations of public policy, and tort claims. She also regularly advises employers on compliance with state and federal employment laws and regulations. In addition, she manages traditional labor matters, such as labor arbitrations.

Before joining FordHarrison, Heather was the Labor & Employment Law Regional Practice Leader at a national general services law firm. She previously served as an extern for the Honorable Martin L.C. Feldman at the U.S. District Court for the Eastern District of Louisiana and has experience representing individuals in employment lawsuits. She was elected to the District VB Ethics Committee in 2013 and served until August 2021.

Currently, Heather is a board member and Co-General Counsel of the New Jersey Women Lawyers Association, having previously held various board positions since 2006.

Heather also serves as a brief judge for the national ABA Moot Court Competition, and volunteers with Table to Table, a nonprofit organization that provides food to families in need in Bergen, Essex, Hudson, and Passaic counties.

Representative Experience

- » Awarded summary judgment for a healthcare claim management company on claims of whistleblower retaliation claims.
- » Defended a fuel-delivery company against disability and

EDUCATION

- » Tulane University Law School (J.D., 1994)
- » Brandeis University (B.A., 1991)

BAR ADMISSIONS

- » New Jersey
- » New York

COURT ADMISSIONS

- » U.S. Supreme Court
- » U.S. Court of Appeals for the Second Circuit
- » U.S. Court of Appeals for the Third Circuit
- » U.S. Court of Appeals for the Ninth Circuit
- » U.S. Court of Appeals for the District of Columbia
- » U.S. District Court for the District of New Jersey
- » U.S. District Court for the Southern District of New York
- » U.S. District Court for the Eastern District of New York
- » U.S. District Court for the Northern District of New York
- » U.S. District Court for the Western District of New York
- » U.S. District Court for the District of Columbia

workers' compensation retaliation claims, resulting in summary judgment.

- » Defended a consumer products company against claims of FMLA interference and retaliation resulting in favorable resolution following depositions.
- » Counseled a retail company on rolling reductions in force throughout the country.

Honors & Awards

- » *Chambers USA: America's Leading Lawyers for Business*, Band 4 Labor & Employment (2019-2024)
- » *The Best Lawyers in America*, Litigation - Labor & Employment (2025 - 2026)
- » "New Jersey Super Lawyers," *Super Lawyers Magazine* (2010 - 2026)

Memberships

- » American Bar Association
- » New Jersey State Bar Association
- » New Jersey Women Lawyers Association, Board of Directors

News & Insights

- » March 24, 2026 - Two New Jersey-Based FordHarrison Attorneys Listed as 2026 New Jersey Super Lawyers and One Listed as Rising Star
- » August 21, 2025 - Two New Jersey-Based FordHarrison Attorneys Listed in the 2026 Best Lawyers in America and One Listed in Ones To Watch
- » July 07, 2025 - "FMLA Expansion Sees State Progress Despite Federal Barriers," Law360
- » May 23, 2025 - Noncompete News: New Jersey Introduces New Bill to Kill Noncompete Agreements
- » May 21, 2025 - Is Your Company Ready to Disclose Salary Information and Promotional Opportunities Under New Jersey's Pay Transparency Act?

Events

- » March 12, 2026 - Evolving Legal Standards Post the #MeToo Movement
- » December 04, 2025 - New Jersey Employment Law Update:

Ensuring Compliance in a Shifting Landscape

- » September 10, 2025 - Leave Expansion: Exploring Proposed FMLA Legislation, State Law Leaves, and Proposals
- » May 21, 2025 - How Vulnerable Are You? Identifying, Mitigating & Responding to Safety Threats In & Outside of Work - Complimentary Webinar
- » November 25, 2024 - Are U.S. Employers Ready for a Right to Disconnect Law? - What U.S. Employers Need to Know – Complimentary Webinar

Offices

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