FORDHARRISON

COLTON L ADAMS

Counsel / Nashville
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Colton Adams represents employers and businesses in a broad range of workplace-related matters.

His practice includes labor and employment disputes, contract disputes, trade secret matters, and business counseling. Colton regularly advises clients on risk mitigation, compliance, and employment practices, partnering with businesses to develop practical strategies tailored to their operational goals.

In his practice, Colton independently manages all stages of litigation in state and federal courts, including drafting pleadings and dispositive motions, conducting discovery, taking and defending depositions, arguing motions, and handling court appearances. He has experience representing clients in high-exposure litigation matters involving employment, commercial, and business disputes, including multi-party litigation, trade secrets, and contractual liability issues. Colton has successfully negotiated favorable resolutions through mediation and pre-suit negotiations and regularly advises clients regarding litigation avoidance and dispute resolution strategies.

Before joining FordHarrison, Colton served as an associate at a full-service firm with locations in Tennessee and Alabama where he represented clients in complex litigation and labor and employment matters on behalf of employers, construction contractors, and other commercial business clients.

Earlier in his career, Colton served as a federal law clerk to the Honorable Joseph M. Hood of the United States District Court for the Eastern District of Kentucky, where he researched and analyzed complex civil litigation issues, drafted judicial opinions and memorandum orders, and assisted with matters before the Sixth Circuit Court of Appeals when sitting by designation. His clerkship experience provided him with significant insight into federal court procedure and judicial decision-making.

During law school, Colton earned CALI Excellence Awards in Litigation Skills and Advanced Legal Writing Seminar. He was actively involved in trial advocacy, legal scholarship, and student leadership organizations, including serving as Notes Editor for the

EDUCATION

- University of Kentucky College of Law (J.D., 2019)
- University of Kentucky (M.B.A., 2019)

BAR ADMISSIONS

- Tennessee

COURT ADMISSIONS

- U.S. District Court for the Middle District of Tennessee

Kentucky Journal of Equine, Agriculture, and Natural Resources Law.

Colton is active in the Nashville legal and business community, serving on the Boards of the Nashville Bar Association Young Lawyer Division and for the Nashville Junior Chamber of Commerce.

Representative Experience

- Achieved partial dismissal of high-exposure employment litigation in federal court on behalf of a technology company, including dismissal of state wage and federal securities fraud claims brought by four former executives.
- Successfully obtained emergency injunctive relief on behalf of a sporting goods company to protect its proprietary manufacturing data in a dispute involving claims of trade secret misappropriation.
- Successfully defended a flooring company in complex multi-party litigation, ultimately negotiating a favorable resolution in mediation that significantly reduced client's exposure.
- Represented national and regional developers and contractors in complex, multi-party litigation involving construction-related claims, business disputes and workplace incidents.
- Regularly advises businesses and employers on employment and operational risk management, helping clients make informed decisions regarding workforce and business matters.

Memberships

- Board Member and CLE Committee Co-Chair, Nashville Bar Association Young Lawyers Division
- Board Member and Legal Counsel, Nashville Junior Chamber of Commerce
- Member, Nashville Bar Foundation Leadership Forum, Class of 2026
- Associate, Harry Phillips American Inn of Court
- Member, Tennessee Bar Association Business Law Section
- Member, Tennessee Bar Association Employment Law Section

News & Insights

- November 20, 2026 - Two Tennessee Based Lawyers Named as Super Lawyers and Four Named as Rising Stars

Offices

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