



Blake R. Armstrong

ASSOCIATE

ST. LOUIS, MO

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OVERVIEW

Blake helps employers stay in front of and resolve disputes so they can focus on business.

As a member of the firm's dynamic Labor & Employment team, Blake assists a wide range of employers as they navigate changing regulations during day-to-day operations, put best practices in place for risk mitigation and resolve disputes. Blake collaborates with clients and legal teams to provide research, analysis and counsel on matters including:

- Proactive personnel policies
- Family and Medical Leave Act (FMLA)
- Fair Labor Standards Act (FLSA)
- Audits and investigations
- Discrimination, harassment and safety

Blake is appreciated for examining employer issues from multiple legal angles and translating how immediate decisions can impact a client workforce or business into the future. He understands that employers want to continue business uninterrupted during unexpected legal matters, and strives to work tirelessly so that employers can get back to focusing on their business.

Industry

Energy & Natural Resources

Service

Labor & Employment

Recognition

- *Missouri & Kansas Super Lawyers*
 - Rising Star, 2025

Education

- J.D., Boston College Law School
 - Sports and Entertainment Law Society, Co-President
- B.A., University of Michigan
 - Political Science/English Language and Literature

Admissions

- Missouri
- Illinois
- U.S. District Court, Eastern District of Missouri
- U.S. District Court, Western District of Missouri
- U.S. District Court, Southern District of Illinois
- U.S. District Court for the Northern District of Illinois
- U.S. Court of Appeals, Eighth Circuit

Community Leadership

- First Tee - Greater St. Louis, Board of Directors