



Samuel M. Mitchell

SENIOR ASSOCIATE

CHICAGO, IL

PHONE: 312.526.1582

EMAIL: SAMUEL.MITCHELL@HUSCHBLACKWELL.COM

OVERVIEW

Sam is a seasoned litigator with significant experience representing both plaintiffs and defendants in a wide range of high-stakes complex commercial disputes, employment litigation, and appeals.

Sam's experience includes successfully litigating cases involving business torts, breach of contract, class and collective actions, fraud, senior executive/founder disputes, trade secret misappropriation, restrictive covenant violations, discrimination, harassment, retaliation, whistleblowing, and wrongful termination. He has represented clients engaged in a diverse range of industries, including healthcare, education, manufacturing, financial services, automotive, transportation, and religious institutions. Sam has appeared in state and federal courts and administrative agencies around the country and tried and argued multiple cases.

Sam maintains an active pro bono practice with a focus on representing indigent prisoners in constitutional matters.

Whatever the matter, clients trust Sam's tireless work ethic and creative problem solving. They know their cases matter to him, and he is highly motivated to win.

Industries

Education
Healthcare
Life Sciences

Services

Appellate
Class Action Defense
Commercial Litigation
Employment Litigation Defense
Healthcare Litigation
Labor & Employment
Litigation & Alternative Dispute Resolution
Non-Competes & Restrictive Covenants
Trade Secrets & Business Information Protection

Experience

- Defend regional and national management-side clients across diverse industries in complex employment litigation and labor disputes, including First Amendment litigation; whistleblower claims; federal and state discrimination, harassment and retaliation cases; and appellate work.
- Draft and negotiate employment agreements, restrictive covenants, retention agreements, separation agreements, and other documents related to trade secret protection and unfair competition.

Recognition

- *Best Lawyers: Ones to Watch® in America*
 - Labor and Employment Law - Management, 2024 and 2025
 - Litigation - Labor and Employment, 2024 and 2025
- Wisconsin Super Lawyers
 - Rising Stars, 2021-2023
- Wisconsin Pro Bono Honor Society, 2019-2020
- Forward 48, 2022 Class

Education

- J.D., University of Wisconsin Law School
 - *Wisconsin Law Review*, Managing Editor
 - Moot Court Executive Board and Moot Court Coach
- B.A., University of Notre Dame

Admissions

- Wisconsin
- Illinois
- U.S. Court of Appeals, Seventh Circuit
- U.S. District Court for the Northern District of Illinois (General and Trial Bars)
- U.S. District Court, Eastern District of Wisconsin
- U.S. District Court, Western District of Wisconsin

Community Leadership

Sam serves on the board of trustees of Blue Lotus Farm & Retreat Center, an organization helping individuals with physical, mental and other challenges access various outdoor activities like kayaking, hiking and swimming.

Sam places a high priority on pro bono work and serves as a deputized public defender for the Wisconsin State Public Defender's Office. He also represents incarcerated individuals in civil rights cases through the Eastern District of Wisconsin Inmate Program.

- Blue Lotus Farm & Retreat Center, Board of Trustees, Trustee and Secretary
- Milwaukee Athletic Club, Nominating Committee, Member



2025 Best Lawyers Ones to
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