

Helen K. Sudhoff

associate

Helen is an associate in the Labor & Employment Department with experience representing public and private employers and defending public entities and officials in state and federal lawsuits across Ohio.

Prior to joining the firm, Helen led ongoing federal and state litigation and arbitration proceedings regarding civil rights, employee discipline, discrimination, personal and property injuries, business losses and contract disputes.

BAR ADMISSIONS

- Ohio
- U.S. District Court for the Northern District of Ohio
- U.S. District Court for the Southern District of Ohio

PRESENTATIONS

- "Navigating Tricky Topics in Employment Law: A Choose-Your-Own-Adventure Guide," Porter Wright Employment Relations Seminar, Oct. 29, 2026
- "In the News: Discussing Hot Topics Impacting Labor and Employment Laws and Practical Implications for Your Workplace," Porter Wright Employment Relations Seminar, June 3, 2025
- "CORSA 2024 HR Training," April – October 2024

PUBLICATIONS

- "Blowing smoke at the Second Amendment," *Reason Foundation*, October 2021

PROFESSIONAL ASSOCIATIONS

- Ohio Bar Association
- Columbus Bar Association
- National Order of the Barristers

HONORS | AWARDS

- Best Brief, American Bar Association's Appellate Moot Court Regional Competition
- CALI Excellence for the Future Award, Environmental Law

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EDUCATION

The Ohio State University Michael E. Moritz College of Law, J.D., 2021

The Ohio State University, B.S., *cum lade*, 2018

SERVICES

Labor & Employment

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COMMUNITY

- Ohio State Women's Rowing Alumni, 2018
- Big Ten Rowing Broadcaster, 2022-2024
- Ohio State Moot Court Coach, 2024

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