



Chris Amundsen

Attorney

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Biography

Chris helps employers navigate their most sensitive and high-stakes workplace issues, combining deep litigation experience with a practical, in-house perspective.

Over more than a decade in private practice, Chris has defended employers across the full spectrum of labor and employment claims — including matters arising under Title VII, the National Labor Relations Act, the Americans with Disabilities Act, the Age Discrimination in Employment Act, the Family and Medical Leave Act, and the Fair Labor Standards Act. He represents employers through the entire labor management lifecycle, from union elections and collective bargaining through grievance arbitrations and proceedings before the National Labor Relations Board. He also has deep experience navigating restrictive covenants and trade secret disputes.

Clients turn to Chris when situations are evolving quickly or carry meaningful risk — whether a union campaign is taking shape, a termination raises potential exposure, or a workplace issue requires a clear, defensible path forward. He focuses not just on identifying legal risk, but on helping clients decide what to do next.

Before returning to private practice, Chris spent nearly a decade as in-house counsel at a global company, where legal advice had to be practical, timely, and aligned with business priorities. That experience shapes how he works with clients today. He takes time to understand how an organization actually operates, anticipates challenges before they escalate, and delivers guidance that can be implemented in the real world.

Chris is a proactive partner — helping employers stay ahead of legal and workplace developments while navigating day-to-day questions and high-pressure moments with clear, pragmatic advice.

Education

University of Minnesota Law School, J.D., 2008

Bar Admissions

Minnesota

KEY PRACTICE EXPERIENCE

- FLSA/Wage-and-Hour Defense
- Discrimination Defense
- Restrictive Covenant and Trade Secret Litigation
- Labor Management Relations

KEY INDUSTRY EXPERIENCE

- Retail
- Manufacturing