

SHEEHAN PHINNEY

Jennifer Shea Moeckel

Shareholder | Manchester, NH

Jen devotes her practice to assisting employers in complying with legal requirements during all phases of the employment relationship and defending employers in discrimination and other claims pending before state and federal agencies.

Jen has more than 25 years of experience assisting employers with issues including:

- Hiring and background checks
- Non-compete and non-disclosure agreements
- Wage and hour laws and payroll compliance
- Employee handbooks and policies
- Drug and alcohol testing
- Safety and workplace violence
- Managing leaves of absence and requests for reasonable accommodation
- Performance management and best practices
- Preventing and correcting harassment, discrimination, and retaliation
- Corrective/disciplinary action, employee misconduct, and termination
- Layoffs/reductions in force
- Severance agreements
- Personnel files and recordkeeping

Jen provides in-house training for employers on issues including harassment prevention and managing within the law. She also conducts workplace investigations and defends employers before the New Hampshire Commission for Human Rights, Equal Employment Opportunity Commission, and state and federal Departments of Labor. Jen frequently presents on employment law topics for business, industry, and employer groups.

Prior to joining the firm in 2022, Jen was a partner at Cook Little in Manchester for 14 years. Jen is also proud of her time at the two prominent New England firms headquartered in New Hampshire where she began her legal career and her focus on employment law.

Practice Areas

- Labor & Employment



Contact Information

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SHEEHAN PHINNEY

Admissions

- State of New Hampshire
- New Hampshire Bar Association

Education

- B.A., *magna cum laude*, University of New Hampshire
- J.D., *cum laude*, Boston College Law School

Civic Involvement

- Board Member, Board of Bar Examiners (appointed by the New Hampshire Supreme Court 2014-present)
- Member, Society for Human Resources Management
- Member, Manchester Area Human Resources Association
- Member, New Hampshire Bar Association's Labor & Employment Section
- Member, New Hampshire Women's Bar Association
- Volunteer Mediator, New Hampshire Commission for Human Rights
- Steering Committee Member, Human Resources Association of Greater Concord – HR North Satellite Chapter (2012-2017)
- Board Member, YWCA New Hampshire (2004-2010)

Awards

SHEEHAN PHINNEY

- Chambers USA, Labor & Employment
- Best Lawyers in America® 2017, 2015 and 2025 Manchester Lawyer of the Year, Employment Law/Management
- Best Lawyers in America®, Employment Law/Management
- New England Super Lawyer®, Employment & Labor Law
- Martindale-Hubbell Peer Review Rated AV®

Publications

- New Guidance for Supporting Pregnant and Nursing Employees