



Laura L. Spring | Partner

Syracuse

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Laura, a partner in the firm's [Employment](#) and [Health Care](#) Practice Teams, concentrates her practice in the areas of labor and employment law, human rights disputes, health law, intellectual property rights, and commercial litigation.

Laura is versed in all aspects of employment law, representing clients in federal and state administrative agencies as well as federal and state courts, arbitrations, and mediations. She represents a myriad of small and medium sized businesses to ensure compliance with various discrimination laws, wage and hour issues, corporate compliance, and human resources management. Laura negotiates employment contracts, separation agreements, severance agreements, non-competition agreements, as well as shareholder and partnership agreements for individuals, executives, physicians, employers, and employees. With over 30 years of litigation experience, she has handled and been involved in numerous complex commercial litigations. Laura also represents licensed professionals before the Office of Professional Misconduct, the Office of Professional Discipline, and other administrative agencies.

EDUCATION

- Pace University, Elisabeth Haub School of Law, J.D., 1986
- University at Buffalo, B.A., 1982

PROFESSIONAL ASSOCIATIONS

- Onondaga County Bar Association, President
- New York State Bar Association
 - Labor and Employment Section
- Federal Bar Association, Northern District of New York
- Central New York Women's Bar Association

COMMUNITY INVOLVEMENT

- Onondaga County Bar Association, President, June 2024-Present
- St. Joseph's Health Foundation Board
 - Chair, 2023

CAPABILITIES

Employment

Health Care

- Professional License Defense

Litigation

- Medical Malpractice Litigation Defense

- President, 2024
- NDNY Federal Mediation Program, Mediator, January 2014-Present
- Auxiliary of St. Joseph's Health, President, 2013-2015
- Fayetteville Free Library Board of Directors, President, 2010-2011
- Women's Fund of Central New York, Director, 2008-2012

HONORS & AWARDS

- St. Joseph The Worker Award, St. Joseph's Health Foundation, 2024
- *Upstate New York Super Lawyers*®, 2013-2024
- *Top 25: Women Upstate New York Super Lawyers*®, 2015-2016, 2020-2023
- *The Best Lawyers in America*©, 2019-2025

SPEAKING ENGAGEMENTS

- "What Employers and Employees Should Know About Covid-19 Vaccination Policies," CLE Presenter, Onondaga County Bar Association, 2021
- "FLSA & Personnel Issues in the ASC Setting During Covid-19," ASC Podcast with John Goehle, April 2020
- "Common Labor Law Issues for Small Medical Practice," St. Joseph's Health 45th Annual Family Medicine Refresher Course, March 2016
- "Preventing Business Contract Disputes: Fiduciary Duties: Duty of Good Faith and Fair Dealing," NBI, 2016

ADMITTED TO PRACTICE

- New York
- Connecticut
- U.S. Court of Appeals for the Second Circuit
- U.S. District Court, Northern District of New York
- U.S. District Court, Western District of New York