

Lauren Mistretta Upton

Senior Associate

T 410-520-1334

F 301-230-2891

E lupton@shulmanrogers.com

Clients trust Lauren's diverse experience, extensive legal knowledge, and attention to detail. Lauren has a broad range of complex commercial litigation experience including breach of contract claims, business torts, restrictive covenant disputes, employment claims, and intellectual property disputes in both state and federal court. She helps steer clients through a wide variety of legal disputes and they appreciate that she is responsive, efficient and a dedicated advocate at every stage of the dispute resolution process.

Lauren focuses her practice on a broad range of employment matters throughout Maryland and the District of Columbia, including defending employers in administrative proceedings and against claims of employment discrimination, wrongful discharge, harassment, retaliation, and wage and hour claims. She utilizes a proactive and preventative approach to avoid litigation first by counseling employers so that they are in compliance with federal, state, and local regulations. Lauren also works with clients in preparing workplace policies and employee handbooks. Clients and colleagues alike respect her attention to detail, her ability to adapt to their needs, and her responsiveness.

Lauren previously practiced in the Baltimore office of a regional civil litigation defense firm and a local Baltimore firm, where she developed and implemented litigation strategies, prepared pleadings, drafted and argued motions and conducted discovery. She has represented clients in jury trials, bench trials and mediations.



BAR & COURT ADMISSIONS

District of Columbia

Maryland

U.S. District Court for the
District of Maryland

U.S. District Court for the
District of Columbia

EDUCATION

Wake Forest University
School of Law, J.D., 2017

University of Maryland, B.A.,
2014

Before entering private practice, Lauren served as a Judicial Law Clerk to the Hon. Joseph M. Getty of the Supreme Court of Maryland and the Hon. Paul J. Hanley of Baltimore County Circuit Court. She is a graduate of the Wake Forest University School of Law, where she served as Articles Editor for the Wake Forest Journal of Law and Policy.

Recognition

- Maryland Super Lawyers, “Rising Stars,” 2023–2026
 - Best Lawyers: Ones to Watch® in America, 2026
-

WWW.SHULMANROGERS.COM