


# Allyson Cady

Cleveland
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## Overview

**Allyson Cady represents clients in complex business disputes across state and federal courts, as well as before leading arbitration associations. Her practice encompasses a wide range of matters, including breach of contract, trade secret theft, breach of fiduciary duty and securities fraud.**

If a dispute threatens a business's bottom line or reputation, Allyson knows how to litigate it from start to finish.

A passionate advocate and skilled trial lawyer, Allyson brings years of live courtroom experience and an unwavering commitment to mastering the craft of litigation. Clients value her approachable style, clear communication and practical, results-driven strategy that keeps their business goals front and center.

During law school, Allyson gained meaningful, hands-on experience on both sides of the courtroom. She simultaneously served as a judicial extern to Magistrate Judge Jonathan D. Greenberg at the U.S. District Court for the Northern District of Ohio and as a certified legal intern at the Lake County Public Defender's Office. As a judicial extern, she conducted legal research at the Judge's request, reviewed and analyzed briefs, drafted judicial opinions and observed a variety of hearings and mediations-an experience that gave her valuable insight into what persuades judges in both written and oral advocacy. At the Public Defender's Office, Allyson served as first chair on every case, spending full days in court defending juvenile clients against a wide range of misdemeanor-level charges.

Outside of the courtroom, Allyson channels the same grit, discipline and focus that drive her legal work into competitive bodybuilding. She believes the consistency and goal-oriented mindset required for success on stage mirrors what it takes to achieve the best possible outcomes for her clients.

## Representative Matters

- Provide compliance counseling to psychotherapy conglomerate regarding duties in responding to a subpoena, as well as compliance with government investigations.
- Assisted with drafting a successful appellate brief regarding choice of law and claims provisions in a contract between a contractor and subcontractor relating to a large scale project commissioned in Michigan.
- Successfully negotiated and resolved consumer disputes against a sizeable motor vehicle company and its dealerships.
- Second-chaired a bench trial on behalf of a large scale investment bank against claims of usurious interest. Assisted with trial preparation, as well as pre-trial drafting of pleadings, as well as discovery, dispositive, and trial motions.
- Assisted in defense of Fortune 500 company in Telephone Consumer Protection Act and Fair Credit Reporting Act litigation. Assisted with drafting of pleadings, discovery, dispositive motions, and trial motions.
- Serve as outside General Counsel to professional association of +52,000 nurse anesthetists. Recently, filed an Amicus brief on behalf of AANA regarding scope of practice and title preservation in the New Hampshire Supreme Court.

## Credentials

### EDUCATION

- Case Western Reserve University School of Law, 2019, J.D., *magna cum laude*
  - Jonathan M. Ault Mock Trial Team
  - Health Matrix Journal of Law-Medicine, Executive Articles Editor
- University at Buffalo, 2016, B.A., *summa cum laude*, Legal Studies
  - Minors in Sociology, Political Science, and Spanish
  - Undergraduate Mock Trial, Member and Captain

### BAR & COURT ADMISSIONS

- Ohio
- U.S. District Court for the Northern District of Ohio
- U.S. District Court for the Southern District of Ohio
- U.S. District Court for the Western District of Texas
- U.S. District Court for the Eastern District of Michigan
- U.S. District Court for the Southern District of Indiana
- U.S. Court of Appeals for the Sixth Circuit
- U.S. District Court for the Eastern District of Texas

## Memberships

- Member, Cleveland Metropolitan Bar Association
- Member, Ohio State Bar Association
- Member, American Transportation Law Professionals

## Awards & Recognition

- Listed, *The Best Lawyers®* Ones to Watch, Appellate Practice; Commercial Litigation; Construction Law; 2024-2027
- Listed, Ohio Super Lawyers – Rising Stars, Business Litigation, 2024-2026

## News & Insights

- Frankenstein at the Front Panel: What New Labeling Lawsuits Mean for Supplement Sellers
  September 3, 2026 | Client Alerts & Insights
- 126 Benesch Attorneys Recognized in 2027 Best Lawyers® Rankings
  August 20, 2026 | Press Releases
- Influencer Marketing Under Fire: Gymshark Sued in New Class Action as Plaintiffs Target Undisclosed Paid Endorsements
  July 1, 2026 | Client Alerts & Insights
- Science-Backed But Not FDA-Approved: New Lawsuit Challenges FDA's Rejection of 114 Health-Related Advertising Claims
  June 25, 2026 | Client Alerts & Insights

- Going Back to the “Well”: Plaintiffs Target Wellness Branding by Attacking Ingredients
  June 5, 2026 | Client Alerts & Insights
- 48 Benesch Attorneys Selected to 2026 Ohio Super Lawyers and Rising Stars
  January 27, 2026 | Press Releases
- 129 Benesch Attorneys Recognized in 2026 Best Lawyers® Rankings
  August 21, 2025 | Press Releases
- 132 Benesch Attorneys Recognized in 2025 Best Lawyers® Rankings
  August 14, 2024 | Press Releases
- “Tip” Away?! SCOTUS Rules That 18 U.S.C. § 666 Does Not Criminalize Gratuities
  July 8, 2024 | Client Alerts & Insights
- Those Subject to the Corporate Transparency Act Should Continue to Comply with its Requirements
  March 6, 2024 | Client Alerts & Insights