

Lauren Zimmerman

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Overview

Lauren Zimmerman is a seasoned trial lawyer who advises clients in complex, high-stakes disputes where legal exposure, reputational risk and business strategy intersect. She represents individuals, companies, boards and special committees in federal and state courts and before arbitral tribunals nationwide, with a practice spanning sophisticated commercial litigation, white collar defense and corporate investigations and crisis management.

Lauren is frequently engaged in matters requiring discretion, judgment and strategic clarity. She has represented clients in complex contractual disputes, bankruptcy and defamation litigations, and regularly counsels high-net-worth individuals and corporate leadership on sensitive business and family law issues at critical inflection points.

In her investigations and corporate defense practice, Lauren represents individuals, special committees and companies in significant internal and government investigations, including matters involving the U.S. Department of Justice, U.S. Attorneys' Offices and the U.S. Securities and Exchange Commission. Her work in this area is marked by a pragmatic understanding of enforcement risk and a steady focus on long-term outcomes.

Before joining Benesch, Lauren was a partner at Selendy Gay PLLC, where she litigated high-stakes contract, bankruptcy, divorce and First Amendment matters. She began her career developing extensive courtroom experience as a trial attorney at Brooklyn Defender Services where she handled countless jury and bench trials, evidentiary hearings and complex motion practice. She later clerked for the Honorable Ursula Ungaro of the U.S. District Court for the Southern District of Florida.

Alongside her commercial practice, Lauren maintains a robust pro bono and public-interest docket. Her work includes litigating First Amendment challenges involving book censorship in public school libraries and submitting amicus briefs in federal courts across the country.

Clients value Lauren for her ability to distill complex problems into clear, forward-looking strategies and to make sound, disciplined decisions under pressure. She is known for her courtroom presence, intellectual rigor and ability to tell her clients' stories persuasively-both in and outside of a courtroom. Above all, Lauren is trusted for her judgment and for serving as a steady, thoughtful advisor at every stage of a matter.

Representative Matters

- Drafted Ninth Circuit amicus brief on behalf of 13 economics scholars advocating for economically sound applications of antitrust law to complex facts in the healthcare industry. *
- Filed an amicus brief on behalf of the National Family Violence Law Center, the California Protective Parents Association, and the Domestic Violence Legal Empowerment & Appeals Project asking the U.S. Supreme Court to review a Texas state court death sentence, arguing that the Texas court's ruling conflicted with Supreme Court precedent and ignored well-established developmental psychology. *
- Represented a clean energy nonprofit organization, in a precedent-setting case against Rocky Mountain Power (RMP) before the Utah Public Service Commission (PSC) to demonstrate the costs and benefits of solar energy in the state's net metering program. *
- Represented members in achieving a novel class settlement of a nationwide class action lawsuit with Navient, one of the nation's largest student loan servicers, challenging Navient's practices with respect to advising federal student loan borrowers on Public Service Loan Forgiveness (PSLF). The settlement was unanimously affirmed on appeal before the U.S. Court of Appeals for the Second Circuit. *
- Litigated First Amendment cases in federal court challenging the removal of "And Tango Makes Three" ("Tango"), a widely lauded children's book which depicts same-sex families, and other books from public school libraries in Florida school districts. Achieved a landmark settlement resulting in the restoration of students' public school library access to Tango and 35 other books in Nassau County, Florida. *
- Represented a high-net-worth client in a matrimonial trial and appeal involving cutting-edge legal issues regarding contractual interpretation of and statutory application to the client's prenuptial agreement, spendthrift trusts, income, cash flow and "lifestyle" analyses for purposes of determining alimony. *
- Represented McKinsey in a bench trial in bankruptcy court in Houston, Texas, in which Jay Alix, through Mar-Bow Value Partners, objected to the debtors' application to retain McKinsey on the basis that McKinsey's Bankruptcy Rule 2014 disclosures were noncompliant, and that McKinsey was not disinterested. The case, In re Westmoreland Coal Co., Inc., was dismissed after eight days of trial testimony after McKinsey reached a comprehensive settlement regarding future bankruptcy disclosures with the U.S. Trustee. *
- Conducted an internal investigation of an apparent hate crime on a university campus and analyzed the school's overall security systems and safety compliance policies to recommend changes to those systems and protocols. *

Credentials

EDUCATION

- Columbia University, 2007, B.A., History
  - Columbia Mock Trial Most Valuable Player (twice)
  - Civil Case Author, American Mock Trial Association, 2006-2007
- Benjamin N. Cardozo School of Law, 2012, J.D., *magna cum laude*
  - *Order of the Coif*
  - Notes Editor, Cardozo Law Review
  - Full Tuition Merit Scholarship
  - National Association of Women Lawyers Commencement Award
  - Student Commencement Speaker
  - T.A., Legal Research and Writing
  - OUTLaw, Co-Chair; Cardozo Criminal Defense Clinic

BAR & COURT ADMISSIONS

- New York
- U.S. Court of Appeals for the Eighth Circuit
- U.S. District Court for the Eastern District of New York
- U.S. District Court for the Southern District of New York

Awards & Recognition

- Listed, Benchmark Litigation, Future Star, 2027
- Listed, Lawdragon's "500 Leading Litigators in America," 2026-2027
- Named, New York Metro Super Lawyers, 2025
- Named, Benchmark Litigation's "40 & Under Guide," 2024-2025
- Named, National LGBTQ+ Bar Association's "40 Best LGBTQ+ Lawyers Under 40," 2024
- Shortlisted by Chambers and Partners for "DEI: Outstanding Contribution," 2024

Memberships

- Board Member, Access Justice Brooklyn

- Judiciary Committee, LGBT Bar Association of New York

News & Insights

- Benesch Named 2027 Highly Recommended Firm by Benchmark Litigation; 14 Attorneys Recognized, Including 4 First-Time Honorees
  October 30, 2026 | Press Releases
- Benesch Partner Lauren Zimmerman Named to 2027 Lawdragon 500 Leading Litigators in America
  September 23, 2026 | Press Releases
- Benesch Partner Lauren Zimmerman Quoted in amNY Article on High-Profile Brooklyn Legal Dispute
  March 18, 2026 | Media Mentions
- Lauren Zimmerman and Eileen DeLucia Mentioned in Crain's NY People on the Move
  February 26, 2026 | Media Mentions
- Benesch Partners Lauren Zimmerman and Eileen DeLucia Profiled in Law360 on Move to Benesch
  February 12, 2026 | Media Mentions
- Benesch Continues New York Expansion, Welcoming Seasoned Trial Attorney Lauren Zimmerman From Leading NY Litigation Firm
  February 10, 2026 | Press Releases

Speaking & Events

PAST EVENTS

- The First Amendment in Schools | Lauren Zimmerman
  February 11, 2026 | Speaking Engagement