



Lyndsay Flagg

Cleveland

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Overview

Lyndsay's practice focuses on employer counseling and representation, and ranges from proactively advising management on workplace law matters to defending employers in litigation.

Lyndsay has considerable experience representing employers at the administrative level, as well as in state and federal courts. Her litigation experience includes defending against all workplace and ancillary claims, and she specializes in discrimination and retaliation claims under Title VII, the ADEA, the ADA, the FMLA, the FLSA, and related state law claims. She has first-hand experience in successful dispute resolution, including negotiations and mediation. Lyndsay is also well-versed in the preparation and interpretation of employment agreements, employee handbooks and policies, and separation and settlement agreements.

Representative Matters

- Represented a home improvement company in a dispute arising from a senior executive's departure to a competitor.
- Represented Blue Marlin Partners in acquiring a stake in Mo' Bettahs, a Hawaiian-Style Barbecue restaurant chain.
- Represented Gridiron Capital in the sale of Foundation Wellness, a leading consumer wellness platform that designs, manufactures, markets, and sells high-value branded wellness products, to Bansk Group.

- Assisted in securing the dismissal of a lawsuit alleging religious discrimination in relation to employer's COVID-19 testing and vaccination policies.*
- Defended against claims for breach of a non-competition agreement and alleged misappropriation of trade secrets, including advocating client's position during oral argument and receiving a favorable ruling.*
- Successfully secured the dismissal of multiple lawsuits in state and federal courts in which individuals brought discrimination and contractual claims against former employers.*

Credentials

EDUCATION

- Penn State Law, 2019, J.D., *cum laude*
- University of Kentucky, 2016, B.A., International/Global Studies, *summa cum laude*

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 Eastern District of Michigan
- U.S. District Court for the Western District of Michigan
- U.S. District Court for the Northern District of Indiana
- U.S. District Court for the District of Colorado

Memberships

- Member, Cleveland Metropolitan Bar Association
- Executive Committee Member, Ladder Down Cleveland
- Member, Board of Directors, CleveLawn & Home

Awards & Recognition

- Listed, Ohio Super Lawyers – Rising Stars, 2025-2026

News & Insights

- [48 Benesch Attorneys Selected to 2026 Ohio Super Lawyers and Rising Stars](#)
January 27, 2026 | Press Releases
- [EEOC Directs Closure of Pending Disparate Impact Charges](#)
September 23, 2025 | Client Alerts & Insights
- [Supreme Court Rejects Additional Burdens for Reverse Discrimination Plaintiffs](#)
June 6, 2025 | Client Alerts & Insights
- [Supreme Court Appears Poised to Do Away With Additional Burdens on Reverse-Discrimination Plaintiffs](#)
March 10, 2025 | Client Alerts & Insights
- [49 Benesch Attorneys Selected to 2025 Ohio Super Lawyers and Rising Stars](#)
December 17, 2024 | Press Releases
- [Benesch Advises Blue Marlin Partners on Acquiring Strategic Stake in Mo' Bettahs](#)
October 25, 2024 | Press Releases
- [Benesch Represents Prime Pensions in Acquisition of Valley Forge Pension Management](#)
August 7, 2024 | Press Releases
- [Race to the Courthouse: Early Attempts to Block the FTC's Non-Compete Ban Start Pouring In](#)
April 24, 2024 | Client Alerts & Insights
- [W. Eric Baisden, Adam Primm and Lyndsay Flagg published article in Law360 | "11th Circ. FMLA Ruling Deepens Divide Over Causation"](#)
March 13, 2024 | Contributed Content & Presentations
- [Lyndsay Flagg and Abraham \(Avi\) Spira mentioned in Crain's Cleveland People on the Move](#)
January 2, 2024 | Media Mentions

Speaking & Events

PAST EVENTS

- [Agencies - EEOC, DOL Updates | Lyndsay Flagg, Johanna Fabrizio Parker](#)
November 21, 2024 | Firm Events