



Meghan Cohen

New York

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Overview

Meghan advises clients on a wide range of employment and executive compensation matters, with a focus on the intersection of employment law and corporate transactions. Drawing on experience in both private practice and in-house legal departments, Meghan offers pragmatic, business-minded counsel that supports clients through the full lifecycle of the employment relationship-whether navigating day-to-day compliance or managing the complexities of M&A and other strategic transactions.

As a member of the firm's Executive Compensation & Benefits Practice Group, Meghan regularly counsels HR teams, C-suite leaders, in-house counsel, and benefits professionals in managing executive and key employee onboarding and separations, guiding complex restructurings, developing consistent workplace policies, and helping to mitigate risk and maintain compliance with evolving regulatory requirements. Meghan regularly conducts tailored training for executives, managers, and employees on anti-harassment, anti-discrimination, and DEI compliance. She also serves as a neutral outside investigator in sensitive workplace matters, audits clients' investigation protocols, trains internal investigators, and provides strategic guidance on internal investigations. Known for her responsiveness, foresight, and practical judgment, Meghan delivers clear, actionable advice on high-stakes personnel issues, executive policies, and legal risk assessments-always with an eye toward balancing legal risk and operational realities.

Before joining Benesch, Meghan served as in-house employment counsel at Publicis Groupe, the world's largest communications group, where she developed a deep understanding of how organizations manage risk, make decisions, and navigate complex workforce issues. Her in-house perspective allows her to deliver advice that aligns with business priorities and operational realities. Meghan also previously practiced at leading employment law firms and served as a Deputy Attorney General in New Jersey, where she litigated employment matters on behalf of state agencies. Her broad experience across both the private and public sectors makes her a trusted advisor to clients facing everyday employment challenges, as well as major business transitions.

Representative Matters

- Represented MyFitnessPal, a portfolio company of Francisco Partners, in its acquisition of Cal AI, the founder-led AI-powered calorie counting app.
- Served as legal counsel to Atmus Filtration Technologies in its \$450 million definitive agreement to acquire Koch Filter.
- Represented Harbor Global, a portfolio company of BayPine, in its acquisition of Encoretch, a specialized training and user adoption services company focused on the legal sector.
- Represented Palmetto in its acquisition of The Cool Down, the world's leading clean lifestyle media platform, marking the first time a clean energy company has acquired a clean lifestyle platform and expanding Palmetto's reach in the home energy marketplace.

Credentials

EDUCATION

- Seton Hall University School of Law, 2014, J.D.
- Marist University, 2008, B.A. Political Science

BAR & COURT ADMISSIONS

- New York
- New Jersey
- U.S. District Court for the District of New Jersey
- U.S. District Court for the Southern District of New York
- U.S. District Court for the Eastern District of New York

Awards & Recognition

- Listed, New Jersey Super Lawyers, Rising Star, Employment Litigation, 2020
- Listed, New Jersey Super Lawyers, Rising Star, Employment & Labor, 2019

News & Insights

- [Benesch Advises MyFitnessPal on Acquisition of Cal AI, the Viral Calorie App](#)
March 5, 2026 | Press Releases
- [Benesch Advises Harbor on Acquisition of Encoretech, Accelerating Digital Transformation Across the Legal Sector](#)
December 8, 2025 | Press Releases
- [Benesch Advises Atmus Filtration Technologies on \\$450 Million Agreement to Acquire Koch Filter Corporation, Establishing Industrial Air Filtration Platform](#)
December 2, 2025 | Press Releases
- [Benesch Represents Truven in Springbuk Acquisition, Offering Employers a Powerful Health Intelligence Combination](#)
September 11, 2025 | Press Releases
- [Meghan Cohen Mentioned in Crain's NY People on the Move](#)
July 16, 2025 | Media Mentions
- [Benesch More Than Triples Size of Executive Compensation & Benefits Team in One Year, Welcoming Three New Attorneys in Past Month](#)
June 17, 2025 | Press Releases