

Jeremy F. Wood

Associate

Seattle

Email



Service Focus

- Counseling and Advice
- Employee Defection and Trade Secrets
- Employment Discrimination and Harassment
- Labor Relations
- Litigation and Trials
- Wage and Hour

Industry Focus

- Agriculture

Languages

- French
- Hebrew
- Arabic

Overview

Jeremy Wood draws on wide-ranging litigation experience to defend businesses in a variety of employment-related claims in both state and federal court, including workplace law disputes involving claims of discrimination, retaliation, and wrongful discharge. He also helps clients comply with applicable federal and state employment laws and agency regulations and ensure they have effective employee training, handbooks, and policies. Additionally, Jeremy advises regarding employee and consumer privacy concerns under the Washington My Health My Data Act and other laws.

Jeremy previously worked at an Am Law 100 firm focused on labor and employment law, where he represented employers in various disputes with a focus on trade secrets and COVID-19 related advice. Jeremy earlier served as an Assistant City Attorney in Seattle, where he represented the city

in complex constitutional litigation matters. Most recently, he worked advising private and tribal clients on issues pertaining to natural resources, environmental regulation, corporate affairs, and employment as an associate at a northwest regional law firm.

Jeremy is a thought leader in various areas of employment law, including discrimination, unemployment, labor relations, and COVID-19 restrictions. His writing and interviews are followed closely by industry professionals and have been featured in premier publications such as the *Seattle Times*, *SHRM*, *HR Dive*, *Unemployment Claims Journal*, and *Tribal Gaming and Hospitality magazine*. He has also presented on workplace COVID-19 policy before the Seattle Society for Human Resources Management, Seattle Metropolitan Chamber of Commerce, and International Foodservice Distributors' Association.

He currently serves as Judge Pro Tempore on a number of municipal and trial courts throughout Western Washington.

Jeremy earned his law degree with honors from the University of Washington School of Law, where he served as Articles Editor for the *Washington International Law Journal* and on the Moot Court Honor Board. During law school, he externed for the Honorable John C. Coughenour of the United States District Court for the Western District of Washington and, after law school, he clerked for the Honorable Ronald Cox of the Washington State Court of Appeals. Before law school, Jeremy worked in public health and taught English throughout the Middle East.

Credentials

Education

- J.D., 2016, with honors, University of Washington School of Law
- M.B.A., Quantic School of Business and Technology
- B.A., 2010, University of British Columbia

Bar Admissions

- Washington

Court Admissions

- U.S. District Court for the Western District of Washington
- U.S. District Court for the Eastern District of Washington
- U.S. Court of Appeals for the Ninth Circuit
- Tulalip Tribal Court

Recognitions

- *Super Lawyers*, "Rising Star" (2023)

- *Best Lawyers in America*, “Ones to Watch” (Labor and Employment Law) (2021)
- *University of Washington*, Dean’s Medal (2016)
- *Order of Barristers*, Elected Member (2016)
- *Cali Award for the Future: Indian Law* (2015)

Affiliations

Professional Activities

- Williams L. Dwyer Inn of Court
- Washington State Bar Association: Indian Law Section, Newsletter Chief Editor (2018-present)
- Washington State Bar Association: Judicial Recommendation Committee, Member (2021-present)
- Washington State Bar Association
- King County Bar Association

Community Activities

- Pro Tem Judge, Federal Way Municipal Court, Tukwila Municipal Court, Stillaguamish Tribal Court, Swinomish Tribal Court, Lower Elwha Klallam Tribal Court
- Seattle Clemency Project, Pro Bono Attorney (2019-present)
- Northwest Immigrant Rights Project, Pro Bono Attorney (2017-present)
- Seattle Human Rights Commission, Chair (2016-2018)
- Seattle Community Police Commission, Commissioner (2022-Present)
- Senator Henry M. Jackson Foundation, Leadership Fellow (2017-2018)
- Rural Alaska Tax Assistance Program (Yukon-Kuskokwim Delta), Tax Preparer
- 2015 AmeriCorps Fellow: Metro TeenAIDS, Case Manager (Washington, D.C.) (2010-2011)

Insights

EVENT

September 19, 2024, and September 26, 2024

Modern Approaches to Employee Mobility, Information Safeguards and Competitive Advantage

Risa B. Boerner, Jonathan Crook, Michael P. Elkon, Lauren Frisch, Edward F. Harold, Anthony Isola, Anne Yarovoy Khan, Christopher P. Stief, Joshua H. Viau, David J. Walton, Jeremy F. Wood

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NEWS

07/15/24

Seattle Lawyer Discusses Wage & Hour Case as One of the Biggest Decisions Thus Far in 2024

Jeremy F. Wood

[Read more →](#)

INSIGHTS

06/14/24

Washington Just Turned Many Non-Solicitation Agreements into Illegal Non-Competes: Tips on How You Can Still Protect Your Business

Matthew J. Macario, Jeremy F. Wood

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EVENT

10/18/23

Washington 2023 Legal Update

Davis C. Bae, Catharine Morisset, Ryan R. Jones, Meghan McNabb, Jeremy F. Wood

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INSIGHTS

08/11/23

Beyond HIPAA: What Businesses Need to Know as States Join Trend to Protect Consumer Health Data

Jeremy F. Wood

[Read more →](#)

INSIGHTS

06/12/23

The Undiscovered Country, Sort Of: Washington Employers Must Begin Collecting Employee Premiums Starting July 1

Catharine Morisset, Jeremy F. Wood

[Read more →](#)

NEWS

05/29/23

Republished Insight: Top 10 Ways To Protect Attorney-Client Communications After Supreme Court Punts Case

Wendy Hughes, Samantha J. Monsees, Jeffrey Shapiro, Jeremy F. Wood

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EVENT

05/18/23

What's New for Washington Employers?

Jeremy F. Wood

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INSIGHTS

05/01/23

Top Workplace Law Stories You May Have Missed from April 2023

Cheryl L. Behymer, Amanda M. Blair, Risa B. Boerner, Raeann Burgo, Melissa Camire, Micah Dawson, Stephen R. Gee, Usama Kahf, Matthew R. Korn, Karen L. Odash, Courtney Leyes, Richard R. Meneghello, Catharine Morisset, Lisa Nagele-Piazza, Raymond W. Perez, Justin Reiter, Drew Tate, J. Hagood Tighe, Brett M. Wendt, Alexander A. Wheatley, Jeremy F. Wood

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INSIGHTS

04/17/23

Washington to Pass Benchmark Privacy Protections for Consumer Health Data: The 10 Most Important Questions for Businesses

Jeremy F. Wood

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