



Sophie Raines

Associate

New Orleans

t: 504.310.3810

f: 504.529.3850

Email



Service Focus

- Litigation and Trials
- Employment Discrimination and Harassment

Overview

Sophie Raines is an associate in the firm's New Orleans office and defends employers in complex labor and employment disputes, including class actions, discrimination claims, and wage and hour litigation. Sophie advises employers across various industries, including healthcare and technology.

Before joining Fisher Phillips, Sophie was a law clerk at a Birmingham-based law firm, where she worked on various matters, including employment discrimination complaints.

Credentials

Education

- J.D., 2024, Ave Maria School of Law
- B.A., 2019, University of Kansas

Bar Admissions

- Louisiana
- Missouri

