



Emily E. Cantwell

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ST. LOUIS

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PRACTICE AREAS

Litigation

Financial Services

Employment & Labor

Non-Compete, Non-Solicit,
Trade Secrets & Other
Restrictive Covenants

COURT MEMBERSHIPS

- Missouri
- Illinois
- U.S. District Court for the Eastern District of Missouri
- U.S. District Court for the Western District of Missouri

Emily Cantwell is a litigation attorney whose practice focuses on business litigation, specifically in the areas of commercial, banking and real estate litigation, loan enforcement, employment, title disputes, and mechanic's liens. Emily serves as the Partner in Charge of the firm's St. Louis office.

Business Litigation. In her representation of businesses, Emily handles all aspects of civil, commercial and real estate litigation matters. This includes all aspects of the case, from inception, to fact gathering, to completion. Her representation of her clients is founded on the ideas of superior service and the best possible results.

Financial Institutions. Emily represents financial institutions, protecting and enforcing their rights through litigation of breach of contract actions, asset protection and other matters involving real estate and loan collateral.

Receiverships. Emily has handled multiple receiverships for her clients, ranging from small commercial properties to expansive multi-unit buildings. Serving as counsel for both lending institutions and the receivers, Emily is well versed in the requirements and issues surrounding this unique remedy available to her clients.

Labor & Employment Law. Through her practice, Emily assists entities in navigating the employment law process, from the administrative level up to and including litigation. She serves as counsel in the defense of discrimination, harassment, retaliation, wage and hour and other employment lawsuits, mediations and arbitrations. Additionally, she advises employers on daily human resources matters,



- U.S. District Court for the Central District of Illinois
- U.S. District Court for the Southern District of Illinois

EDUCATION

Saint Louis University School of Law, J.D., 2010

University of Florida, B.A. *magna cum laude*, B.S. *cum laude*, 2007

including labor relations, non-compete issues and helps to conduct investigations of employee complaints.

Prior to her joining the firm, Emily served as a congressional intern in the U.S. House of Representatives, as a communications intern for a non-profit organization, and as both a teaching assistant and faculty fellow at Saint Louis University and its School of Law, respectively.

Events

- State of Litigation: Football Draft Edition
April 12, 2023
- Employment & Labor Law Seminar - Kansas City Area
April 12, 2022

Presentations

- Co-presenter, "Salary Disclosure, Remote Work and Lunch Breaks, Oh my! Updates in Employment Law 2023," Missouri Employment Conference, May 17, 2023
- Panelist, "Second Quarter: Courts and Juries in 2023 and Beyond," Lathrop GPM 2023 State of Litigation: Draft Edition, April 12, 2023
- Presenter, "Issues Involving Employee Restrictive Covenants and Confidentiality Agreements," Lathrop GPM 2022 Employment & Labor Law Seminar, April 12, 2022 (Kansas City)
- Panelist, "A Path Forward," Most Influential Business Women Awards, August 13, 2021
- Panelist, "Talk to the Experts," Clayton Chamber of Commerce, March 23, 2021

Client Alerts And Blog Posts

- Employers with Illinois Employees Should Be Aware of the Amendments to the Illinois One Day Rest in Seven Act
January 20, 2023
- The Student-Athlete...Employee? Why this Post-Thanksgiving Rivalry Weekend May be the Last of its Kind.
December 8, 2022
- States Increasingly Considering COVID-19 Liability Protections
March 4, 2021
- Key Illinois Employment Updates
July 15, 2020

In The News

- Bizwomen Features Emily Cantwell on Lessons in Leadership in 'In Her Own Words' Series
November 1, 2023
- Daily DAC Features Lathrop GPM Partner Emily Cantwell on Her Appointment to Commercial Receivers Association Board
January 10, 2023
- St. Louis Business Journal: Lathrop GPM appoints a partner in charge of St. Louis-area office
January 12, 2022
- Emily Cantwell Honored as a St. Louis Business Journal Most Influential Business Woman
August 9, 2019
- Three Lathrop Gage Attorneys Recognized by Missouri Lawyers Weekly
October 31, 2017

News Releases

- Emily Cantwell Named Partner in Charge of Lathrop GPM St. Louis Office
January 13, 2022
- Emily Cantwell Named to 40 Gators Under 40
April 6, 2021
- Missouri & Kansas Super Lawyers Recognizes 34 Lathrop GPM Attorneys
November 16, 2020
- Lathrop GPM Partner Emily Cantwell Named Among Best Attorneys in St. Louis
August 3, 2020
- Lathrop Gage Advances Six Attorneys to Partnership
January 1, 2019
- Three Lathrop Gage Attorneys Recognized by Missouri Lawyers Weekly
September 12, 2017
- Emily Kiser Joins Lathrop Gage as an Associate
March 26, 2012

Professional Affiliations

- Commercial Receivers Association, Board Member
- The Missouri Bar
- Illinois State Bar Association

Community Involvement

- Women's Foundation of Greater St. Louis, Board of Directors, 2020 - present; Women in the Workplace: Employment Scorecard Initiative Committee
- Clayton Chamber of Commerce, Board of Directors; President, 2018
- Greater Missouri Leadership Challenge, 2015 Class, Board of Directors

Honors

- Business Person of the Year, Clayton Chamber of Commerce, 2023
- University of Florida, 40 Gators Under 40, 2021
- *St. Louis Small Business Monthly*, Best Attorneys, 2020, 2021
- *St. Louis Business Journal*, Most Influential Business Women, 2019
- *Missouri Lawyers Weekly's* 2017 Up & Coming class
- Selected for Missouri/Kansas *Super Lawyers* "Rising Stars," 2014-2017
- Saint Louis University Law Journal
- National Trial Advocacy Competition Team
- Leadership Clayton, 2011-2012 Class