



Sarah Goodman

Principal

sarah.goodman@offitkurman.com

Philadelphia, PA – 267.338.1319

Sarah Goodman is a trusted advisor to businesses of all sizes, focused on employment law and labor relations. She guides businesses through the evolving world of employment law disputes, compliance regulations, and workplace legal challenges. With a blend of legal knowledge and practical business understanding, Sarah helps clients adapt to new employment regulations and anticipate trends, ensuring they remain competitive and compliant.

Sarah's clients, from small businesses to large corporations, rely on her for navigating complex legal issues. She handles employment disputes under Title VII, the ADEA, the ADA, and numerous state and local laws. Serving clients across Pennsylvania, New Jersey, New York, and Maryland, Sarah provides valuable insights into compliance with both state and federal laws, helping prevent costly issues before they arise.

Employment Law Compliance and Workplace Policies

Sarah supports employers in reviewing, drafting, and negotiating essential employment documents, including offer letters, non-compete agreements, and employment contracts. She customizes HR policies that reflect company culture and align with compliance needs, covering areas like pay transparency, parental leave policies, drug and alcohol testing, reasonable accommodations, and background checks. Her tailored approach to HR policies promotes both compliance and positive employee relations.

OSHA Compliance

Sarah also advises businesses on Occupational Safety and Health Administration (OSHA) compliance, assisting clients with internal audits, safety protocol development, and responses to OSHA inspections. Her guidance helps companies maintain compliance in areas such as hazard communication, workplace ergonomics, and emergency preparedness, fostering safer environments and minimizing legal risks.

Employment Litigation Defense

In litigation, Sarah represents employers in wage and hour disputes, discrimination claims,

Services

- Appellate
- Business Law and Transactions
- Construction Law, Transactions and Disputes
- Defamation
- Employee Benefits and Compensation
- Labor and Employment
- Title IX and Education
- Special Education, Accommodations and Discrimination
- Employee Benefits and ERISA
- Restrictive Covenants and Trade Secret Protection
- Business Advisory and Outside General Counsel

sexual harassment lawsuits, retaliation cases, and breach of contract claims. Known for achieving favorable outcomes, she also handles False Claims Act investigations, providing support through high-stakes civil and criminal cases. Her clients rely on Sarah's strategic approach to defend and protect their interests.

Corporate Transactions and Employment Agreements

Sarah contributes to corporate mergers and acquisitions by creating sound employment agreements, non-compete agreements, confidentiality agreements, and other restrictive covenants. Her hands-on approach helps businesses build a strong foundation for compliance and growth.

Training and Compliance Education

Sarah conducts employment law training sessions on topics like workplace inclusivity, harassment prevention, and managing employee relations. These practical trainings ensure clients meet regulatory standards while fostering a positive workplace culture.

For her clients, Sarah is more than just an attorney—she is a strategic business partner. Her proactive, comprehensive approach to employment law and workplace compliance helps businesses thrive and grow in today's complex legal landscape.

Education

- Fordham University School of Law (J.D.)
- Brown University (B.A.)

State Bar Admissions

- Pennsylvania
- New Jersey
- New York
- Maryland

Court Admissions

- United States Court of Appeals for the Third Circuit
- United States District Court for the District of Maryland
- United States District Court for the District of New Jersey
- United States District Court for the Southern District of New York
- United States District Court for the Eastern District of Pennsylvania

Professional Affiliations

- Young Lawyer Editorial Board, The Legal Intelligencer, Former Member
- American Bar Association, Member
- Pennsylvania Bar Association, Member
- Philadelphia Bar Association, Member

- Nonprofit Alliance, Member
- Lombard Swim Associates, Board of Directors, Former President

Recognitions

- Selected to Pennsylvania Rising Stars by Super Lawyers® for Employment Litigation: Defense (2018-2026)
- Named *Best Lawyers: Ones to Watch® in America* for Labor and Employment - Management, Litigation - Labor and Employment (2025)