



Colton D. Long

Shareholder

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Practice Areas

Unfair Competition and Trade Secrets
Litigation and Trials
Investigations
Whistleblowing, Compliance and Investigations
Discrimination and Harassment

Overview

Colton Long is an experienced litigator and legal advisor who prides himself on providing thorough, timely, and pragmatic legal advice on a broad range of business matters affecting employer-employee relationships across the United States, including:

- Trade secret and restrictive covenant litigation and counseling and other related business competition matters
- Securities whistleblower investigations, litigation, and counseling
- Wage and hour litigation and counseling
- Executive compensation and contract matters
- Workforce restructurings and transactional due diligence matters

Colton also has broad experience advising businesses on employer policies and practices, with particular experience guiding clients through the maze of workforce matters that arise for young and fast-growing businesses.

Colton's first priority is building positive working relationships with clients, instilling trust, and working proactively to take complex legal issues head on. He is also passionate about providing pro bono legal work and giving back to his community and devotes his time on behalf of multiple nonprofit organizations across the Chicago metro area.

Professional and Community Affiliations

- Member, Chicago Bar Association
- Member, Illinois State Bar Association

- Member, Minnesota State Bar Association
- Member, Chicago Chorale
- Board Member (Jr.), Chicago Volunteer Legal Services

Events & Speaking Engagements

Restrictive Covenants and Trade Secrets: What's in Store for 2024?

January 25, 2024

Sharp Curve Ahead... Again! An Employer's "2nd Edition" Roadmap to Continued Legislative Developments in Illinois

May 5, 2021

Recognition

- Named, Ones to Watch *The Best Lawyers in America*®, 2021-2025
- Named, Rising Star, Illinois, *Super Lawyers*, 2018-2022
- Named, Rising Star, Minnesota, *Super Lawyers*, 2016

Education

J.D., University of Iowa College of Law, 2012, *With Distinction*

B.A., Luther College, 2009, *cum laude*

Bar Admissions

Illinois

Minnesota

Courts

U.S. Court of Appeals, 6th Circuit

U.S. Court of Appeals, 7th Circuit

U.S. Court of Appeals, 8th Circuit

U.S. District Court, Central District of Illinois

U.S. District Court, Northern District of Illinois

U.S. District Court, District of Minnesota

U.S. District Court, Eastern District of Wisconsin

U.S. District Court, Northern District of Indiana

U.S. District Court, Southern District of Indiana

Publications & Press

2024's Top Stories in Unfair Competition and Trade Secrets Law

Littler ASAP

January 10, 2025

Employee Choice: Forfeiture-for-Competition, the Seventh Circuit's Questions, and Delaware's Answer

Littler ASAP

December 20, 2024

FTC Issues Final Rule Effectively Banning Workplace Non-Compete Agreements

Littler ASAP

April 23, 2024

6 Things Cos. Should Do Following FTC Noncompete Proposal

External Publication

January 12, 2023

FTC Proposes Rule Banning Non-Competes

Littler ASAP

January 5, 2023

Littler Rings in New Year with the Elevation of 28 Attorneys to Shareholder

Press Release

January 4, 2023

A Veritable Blizzard of Litigator of the Week Runners-Up and Shout Outs

In the News

December 23, 2022

Best Lawyers in America© 2022 Edition Honors More Than 240 Littler Lawyers

Press Release

August 19, 2021

The Trend Continues: Illinois Imposes Additional Prerequisites and Restrictions on Employers' Use of Restrictive Covenants

Littler ASAP

August 18, 2021

Nine Steps Cannabis Companies Can Take to Protect Trade Secrets

Bloomberg Law

December 15, 2020

Comparing The Presidential Candidates' Labor Policies: Part 1

Law360

March 2, 2020

The Delicate Nuances In New State Noncompete Laws

Law360

December 20, 2019

Paid Family Leave In 2019: A Multinational Employer's Guide

Law360

July 29, 2019