

Paul Quain

Senior Partner

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Practice Areas

Business Restructuring and M&A
Discrimination and Harassment
Employee Benefits
HR Advice and Counsel
Litigation and Trials
Financial Services

Overview

Paul Quain is one of the founders of GQ|Littler and one of London's most well-known employment lawyers. He is recognised in Band 2 of the Chambers and Partners (2025) guide and as a leading individual by Legal 500 (2025).

Paul has particular experience in complex, high value employment disputes which require a strategic solution. He regularly advises on team moves and theft of confidential information matters which require High Court injunctions, often with a global, multi-jurisdiction element, bonus disputes, commercial agency disputes, discrimination cases and TUPE. He also concentrates in collective bargaining, trade union disputes and European Works Councils. He is particularly commended for his tactical approach in litigation matters which helps deliver the desired outcome.

Paul has been ranked as a leading lawyer by Chambers and Partners for the past 13 years and is recognised as 'an acknowledged expert in the field and his advice is always respected.' Clients say, "Paul provided invaluable advice, is very responsive and has a calm approach which is valuable in providing reassurance."

Paul has held various management roles within ELA over many years and is a CEDR accredited mediator in the employment field.

Prior to establishing GQ Employment Law, Paul previously held a senior position in 'Magic Circle' firm Linklaters and has also worked for leading City of London firm Charles Russell.

Professional and Community Affiliations

- Member, Employment Lawyers Association

Events & Speaking Engagements

A Global Approach to International Non-Compete, Non-Solicit, Confidentiality & and IP Agreements

Littler Executive Employer Conference, Phoenix, AZ

May 11, 2023

Brexit: The Final Countdown - A Littler International Webinar

January 30, 2020

The Brexit Time Bomb | Armageddon or Business as Usual?

February 14, 2019

Littler Global Summit 2018 - Part 3: A Tale of Three Cities: Responding to Natural Disasters from Puerto Rico and Houston to Mexico City

Littler Executive Employer, Phoenix, AZ

May 2, 2018

Littler Global – 2017 International Labour and Employment Law Update in Europe

Hamburg

November 7, 2017

Littler Global – 2017 International Labour and Employment Law Update in Europe

Paris

November 6, 2017

Recognition

- Ranked *Chambers & Partners*, 2013-2025
- Ranked, Leading Individual *Legal 500*, 2025
- Named, Recommended Lawyer *Legal 500*, 2013-2023
- Recommended, Labour and Employment, *Who's Who Legal*, 2012-2024
- Recognised *IEL Elite*, 2024

Bar Admissions

United Kingdom (England and Wales)

Languages

French

Publications & Press

Employment, Equal Pay Cases Build Momentum in UK Courts

In the News

July 9, 2021

European Employers Expect Long-Term Workplace Changes Post-Pandemic, New Littler Research Finds

Press Release

September 22, 2020

The Littler European Employer COVID-19 Survey Report

Littler Report

September 22, 2020

Brexit and the Workforce - The Year Ahead for HR

External Publication

February 21, 2020

2020 Vision in the UK – A Look at the Year Ahead

Littler ASAP

December 27, 2019

UK in 2019: That was the year that was!

Littler ASAP

December 27, 2019

Workplace Equality, Mental Health and Brexit Are Top Concerns of European Employers, Littler Survey Reveals

Press Release

November 14, 2019

Brexit – Transitional Provisions in the Balance

Littler ASAP

October 11, 2018

Littler Attorneys Named in 2018 Who's Who Legal Labour, Employment & Benefits Guide

Press Release

June 5, 2018

Littler Continues Global Growth and Strengthens European Presence Through Combination with GQ Employment Law in the United Kingdom

Press Release

May 9, 2017