

Paula N. Anthony

Office Managing Shareholder

One Century Tower
265 Church Street, Suite 300
New Haven, CT 06510
main: +1 (203) 974-8700
direct: (203) 974-8715
fax: +1 (203) 974-8799
panthony@littler.com



Overview

Paula N. Anthony focuses her practice on employment litigation matters in state and federal courts, as well as administrative charges before the Connecticut Commission on Human Rights and Opportunities, Equal Employment Opportunity Commission and Connecticut Department of Labor. She regularly provides advice and counsel to employers on a wide variety of personnel and employment matters at all stages of the employment process, including:

- Discrimination and retaliation claims
- Discipline and termination issues
- Leaves of absence
- Workplace accommodations
- Wage and hour matters
- Employee handbooks and policies

She has considerable experience conducting workplace investigations. Paula is also a regular presenter on labor and employment topics to various professional and business groups. Prior to joining Littler, she was a partner in the labor and employment practice group of a Connecticut law firm. Paula gained extensive public sector legal experience serving as the Assistant Corporation Counsel for the City of Waterbury, Connecticut, where in addition to managing Waterbury's labor and employment matters, she advised the city on various municipal issues.

Professional and Community Affiliations

- Member, Connecticut Bar Association
- Member, New York Bar Association
- Member, American Bar Association
- Member, New Haven County Bar Association
- Executive Committee Member and Former Chair, Labor & Employment Section, Connecticut Bar Association
- Member, New Haven Inn of Court
- Board Member, Human Resource Leadership Association

- President, Shelton Historical Society

Events & Speaking Engagements

An Overview of Paid Leave Laws in New England

June 5, 2024

Handbook Policies: Essential Changes and Updates

CBIA Human Resources Conference

February 28, 2024

That's a Wrap: Important Takeaways from Connecticut's 2023 Legislative Session

August 2, 2023

2023 Tri-State Regional Employer Conference

New York, NY

June 20, 2023

Mid-Year Employment Law Update

HRLA, Norwich, CT

May 25, 2023

Untangling Federal FMLA, CT FMLA, and CT Paid Leave

Connecticut Bar Association Labor and Employment Symposium

March 30, 2023

FMLA Issues in the Workplace - New and Existing Connecticut Law

Connecticut Business & Industry Association Human Resources Conference

March 21, 2023

2022 New England Regional Employer Conference

Boston, MA

November 15, 2022

Recognition

- Named, The Best Lawyers in America® * , 2023-2025

Education

J.D., Villanova University School of Law, 1989

B.A., Pace University, 1986, *magna cum laude*

Bar Admissions

Connecticut
New York

Courts

U.S. Court of Appeals, 2nd Circuit
U.S. District Court, District of Connecticut

Publications & Press

Connecticut Adopts Narrow Definition of “Supervisor” for Hostile Work Environment Claims

Littler ASAP

August 8, 2024

Connecticut to Make All Private Employers Provide Paid Sick Leave by 2027

Littler ASAP

May 23, 2024

How Connecticut Employers Can Be Ready for Legislation that Became Effective January 1, 2024

Littler ASAP

January 4, 2024

New Haven Office Kicks Off 2024 with a New Leader – Littler Selects Paula Anthony as Office Managing Shareholder

Press Release

January 4, 2024

Connecticut Employers Have New Burdens After Legislative Session

External Publication

July 10, 2023

Connecticut Employers Have New Burdens, Avoid Others, Following 2023 Legislative Session

Littler ASAP

July 7, 2023

New Restrictions on Physician Non-Compete Agreements in Connecticut

Littler ASAP

June 30, 2023

Connecticut Expands Paid Sick and Safe Leave Uses

Littler ASAP

June 29, 2023

Connecticut Appellate Court Declines to Expand Definition of “Supervisor” for Hostile Work Environment Claims

Littler ASAP

May 4, 2023

Deadline Extended Until August 31, 2023 for Businesses to Comply with Connecticut’s Mandatory Retirement Program

Littler ASAP

April 10, 2023

Understanding the Wage and Hour Compliance Puzzle

In the News

March 28, 2023

Littler Lightbulb: Connecticut Again Considers Pay Transparency, Non-Compete Bills

Littler ASAP

February 10, 2023

CT employers face host of new employment law challenges

External Publication

January 3, 2023

Implementation of Connecticut’s Clean Slate Law Set to Begin January 1, 2023

Littler ASAP

December 30, 2022

New Littler Employment Pro On Conn.’s Litigation Landscape

In the News

July 15, 2022

Littler Adds Shareholder Paula Anthony in New Haven

Press Release

July 11, 2022