



Contact

James W. Barnett

Associate

New Orleans

+1.504.310.2047

jbarnett@proskauer.com

James W. Barnett is an associate in the Labor & Employment Law Department and a member of the Employee Benefits & Executive Compensation Group, where he focuses on ERISA litigation.

James works on a wide variety of ERISA litigation matters, including breach of fiduciary duty claims, ERISA benefits claims and withdrawal liability disputes. He represents plan fiduciaries, trustees, sponsors and service providers on a myriad of ERISA and Employee Stock Ownership Plan issues. James also represents employers in litigation of employment-related matters, including claims of wrongful termination, unlawful discrimination, harassment and retaliation.

James has authored several ERISA articles, including those published in the *Bloomberg National Affairs* and *Lexis Practice Advisor*. He is also a frequent contributor to [Proskauer's Employee Benefits & Executive Compensation Blog](#) and [Law and the Workplace Blog](#).

Prior to joining Proskauer, James served eight years in the United States Air Force (USAF) as an Officer and Special Agent in the USAF Office of Special Investigations, which included one combat tour in Afghanistan.

Practices

Labor & Employment, Employee Benefits & Executive Compensation, ERISA
Litigation, Employment Litigation & Arbitration

Education

Tulane University Law School, J.D., 2019

cum laude

University of Colorado at Colorado Springs, M.B.A., 2012

University of Mississippi, B.B.A., 2008

cum laude, Beta Gamma Sigma, National Honor Society

Admissions & Qualifications

Louisiana

Court Admissions

U.S. Court of Appeals, Fifth Circuit

U.S. District Court, Louisiana, Eastern District

U.S. District Court, Louisiana, Middle District

U.S. District Court, Louisiana, Western District

Government Service

United States Air Force, Captain, Air Force Office of Special Investigations, U.S.
Department of Defense, 2008-2016