

Contact

Julia F. Hollreiser

Associate

New York +1.212.969.3136

JHollreiser@proskauer.com

Julia Hollreiser is an associate in the Labor & Employment Department, advising and defending employers in a broad range of workplace matters. She represents clients in single-plaintiff, class, and collective actions involving claims of discrimination, harassment, retaliation, and wage and hour violations. Julia has experience at every stage of litigation—from drafting pleadings and managing discovery to briefing complex motions and appeals—and regularly appears in both state and federal courts. Her clients span industries including media and entertainment, financial services, sports, and law firms. In addition to her litigation practice, Julia counsels employers on internal investigations, employee discipline and terminations, and workplace policies. Julia's active pro bono practice includes advising clients on employment-related issues and advocating on behalf of asylum seekers.

Julia was recognized as a "Rising Star" by New York *Super Lawyers* in 2025 and 2026 and frequently contributes to publications on labor and employment law. She was also one of a few women selected to be a Protégée for Proskauer's Women's Sponsorship Program, an initiative for high performing lawyers that champions emerging leaders. Julia also serves as a member of the Firm's Associate Council and co-chairs the Environmental, Sustainability, and Corporate Social Responsibility Committee.

Julia earned her J.D., *summa cum laude*, from Cornell Law School, where she graduated first in her class, served as the Managing Editor of the Cornell Law Review, and was a member of the Moot Court Board. Through clinical programs, Julia represented clients in immigration matters in Immigration Court and before the Board of Immigration Appeals, as well as in employment discrimination matters before the New York State Division of Human Rights. While in law school, Julia was a judicial intern for the Honorable Ronnie Abrams in the Southern District of New York.

Practices

Discrimination, Harassment & Title VII, Wage and Hour, Labor & Employment, Employment Litigation

Education

Cornell University School of Industrial & Labor Relations, B.S.
Cornell Law School, J.D.
summa cum laude
Order of the Coif
Cornell Law Review, Managing Editor

Admissions & Qualifications

New York

Court Admissions

U.S. Court of Appeals, Second Circuit
U.S. District Court, New York, Southern District
U.S. District Court, New York, Eastern District

Memberships

Federal Bar Council (Employment Litigation Committee Secretary)