

CLINE WILLIAMS

WRIGHT JOHNSON & OLDFATHER



TARA A. STINGLEY

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(402) 397-1700

Practice Areas:

- Labor and Employment
- Employment Litigation
- Business Litigation
- Alternative Dispute Resolution

Practice Emphasis:

Tara is the Chair of Cline Williams' Labor and Employment Law section as well as the firm's primary representative to the Employment Law Alliance, the largest international network of labor and employment lawyers. Tara specializes in employment law, advising businesses in a variety of industries on compliance with federal, state, and local employment laws and regulations. Tara assists clients in developing employment policies and provides guidance on best employment practices, employment/termination decisions, and avoiding employment litigation and

claims. She advises clients on Title VII, the Americans with Disabilities Act (ADA), the Family and Medical Leave Act (FMLA), the Fair Labor Standards Act (FLSA), the Age Discrimination in Employment Act (ADEA), and other similar federal, state, and local laws and regulations. In the area of wage and hour laws. Tara assists clients in performing internal wage/hour audits to identify potential areas of exposure. Tara also prepares and updates employment policies, employee handbooks, employment agreements, independent contractor agreements, restrictive covenant agreements (including non-compete, non-solicitation, non-disclosure/confidentiality, and non-diversion agreements), and separation agreements/releases for individual terminations and reductions-in-force. Additionally, she develops employee training materials and conducts training sessions on equal employment opportunity subjects and recent changes in employment law.

Tara also has a litigation practice and routinely represents public and private employers of all sizes in federal and state court and before federal, state, and local administrative agencies such as the Equal Employment Opportunity Commission (EEOC), the Nebraska Equal Opportunity Commission (NEOC), and the National Labor Relations Board (NLRB), among others. Tara defends employers against claims of discrimination, retaliation, and harassment under Title VII, the ADA, the FMLA, and the ADEA; claims for wage/hour violations under the FLSA and state wage payment laws; and claims alleging wrongful termination and breach of contract. She also assists employers in enforcing restrictive covenant agreements containing non-compete, non-solicitation, non-disclosure/confidentiality, and non-diversion provisions.

Additionally, Tara represents business owners, property management companies, property owners, developers, and others with regard to fair housing issues, including complaints under the ADA, Section 504 of the Rehabilitation Act, and the Nebraska Fair Housing Act. Tara also defends organizations against complaints in federal and state court alleging violations of Title III of the ADA with respect to public accommodations.

Admitted to Practice:

Nebraska

United States District Court for the District of Nebraska

United States District Court for the District of Colorado

United States Court of Appeals for the Eighth Circuit

Education:

University of Nebraska, J.D., with high distinction, 2005

University of Nebraska, B.S. Criminal Justice, summa cum laude, 2002

Achievements:

- Named: Winner of the 2025 Omaha Inspire Award for Excellence in Business – Small/Medium [\[Read more\]](#)
- Young Alumni Achievement Award, University of Nebraska - Omaha
- Alumni Award for Excellence in Public Service, University of Nebraska - Omaha, College of Public Affairs and Community Service
- Named: *Best Lawyers in America*® 2026 - Litigation-Labor and Employment Lawyer of the Year in Omaha

- Named: *Best Lawyers in America*® 2023 – Litigation-Labor and Employment Lawyer of the Year in Omaha
- Named: Best Lawyers in America® 2020 Litigation-Labor and Employment Lawyer of the Year for Omaha
- Listed: *Best Lawyers in America*® (Litigation-Labor and Employment, Employment Law-Management), 2015-present
- Listed: Global Law Experts, Employment Law – Lawyer of the Year in Nebraska, 2023
- Listed: Chambers USA, America's Leading Lawyers for Business (Chambers & Partners Publishing) (Labor and Employment)
- Named: Who's Who Legal: Labour, Employment & Benefits, 2021
- Listed: Benchmark Litigation, The Definitive Guide to America's Leading Litigation Firms & Attorneys
- Named: Benchmark Litigation, The Definitive Guide to America's Leading Litigation Firms & Attorneys, 2019 - present Labor & Employment Star
- Named: Benchmark Litigation, The Definitive Guide to America's Leading Litigation Firms & Attorneys, 2018 & 2021 Future Litigation Star
- Named: Benchmark Litigation, The Definitive Guide to America's Leading Litigation Firms & Attorneys, 2018 Under 40 Hot List
- Named: Benchmark Litigation, The Definitive Guide to America's Leading Litigation Firms & Attorneys, 2016 Under 40 Hot List
- Listed: Great Plains Super Lawyers (Employment Litigation Defense; Employment & Labor; Employment Discrimination; Employment Law - Employee; Retaliation, Sexual Harassment, Wage & Hour Laws; Whistleblower; Wrongful Termination)
- Order of the Coif
- Order of the Barristers

Experiences:

- Law Clerk to the Honorable William Jay Riley, U.S. Circuit Judge, Eighth Circuit Court of Appeals, 2005-2007
- American Employment Law Council, Member
- Employment Law Alliance, Board of Directors, Vice President and North America Chair
- Business Ethics Alliance, Trustee
- Team Jack Foundation, Omaha Events Committee Member
- University of Nebraska President's Advisory Council, Member, 2014-2019
- Food Bank for the Heartland, Board of Directors, 2012-2019
- University of Nebraska Law College Dean's Advisory Board, Member, 2012 - 2017
- Leadership Omaha, Class 33, 2010-2011
- Nebraska State Bar Association Leadership Academy, Graduate of Class 2010
- Robert M. Spire American Inn of Court, Member, 2006-2011
- Nebraska Law Review, Managing Editor, 2003-2005
- National Moot Court Team, Member, 2004

Published:

- "Performance improvement plans after *MULDROW*: When is a PIP an adverse employment action?", Nebraska Municipal Review, June 2026

- "Disability accommodation claims: Lessons from a municipal employer's successful defense", Nebraska Municipal Review, May 2026
- "Hostile work environment claims: When racial hostility can create liability for employees", Nebraska Municipal Review, April 2026
- "The importance of documenting employee performance issues against discrimination", Nebraska Municipal Review, January 2026
- "Preventing and addressing sexual harassment in the workplace", Nebraska Municipal Review, November 2025
- "Vacation leave: can you really "lose it" if you don't "use it"?", Nebraska Municipal Review, August 2025
- "U.S. Supreme Court changes reverse discrimination standard under Title VII," Nebraska Municipal Review, June 2025
- "DEI Attacks Do Not Change Title VII," Nebraska Municipal Review, March 2025
- "Federal Court Overturns FLSA Salary Threshold Previously Approved by U.S. Department of Labor," Nebraska Municipal Review, December 2024
- "Federal Court Overturns FLSA Salary Threshold Previously Approved by U.S. Department of Labor," Nebraska Municipal Review, December 2024
- "Workplace Harassment: Conducting Internal Investigations Under the U.S. EEOC's Recent Enforcement Guidance," Nebraska Municipal Review, November 2024
- "Application of FLSA Overtime Requirements to High-Ranking First Responders," October 2024
- "Yanick v. Kroger Co. of Michigan: Best Practices for Avoiding Failure to Accommodate Disability Claims of the ADA," Nebraska Municipal Review, August 2024
- "Muldrow v. City of St. Louis, MO: Best Practices for Addressing Workplace Discrimination Claims," Nebraska Municipal Review, July 2024
- "Time or Money: Providing Compensatory Time Off In Lieu of Overtime Pay," Nebraska Municipal Review, September 2023
- "Timing is Everything: Best Practices to Avoid Suspicious Timing Causation in Retaliation Claims," Nebraska Municipal Review, July 2023
- "Independent Contractor or Employee? Mitigating Legal Risk Associated with the Classification of Workers," Nebraska Lawyer Magazine, May/June 2023 and Nebraska Municipal Review, June 2023
- "U.S. Department of Labor Issues Guidance on FLSA Obligations for Nursing Mothers' Break Time," Nebraska Municipal Review, April 2023
- "Time is Money: U.S. Department of Labor Issues Guidance on FLSA Obligations for Compensable Hours Worked," Nebraska Municipal Review, March 2023
- "Corkrean v. Drake University: Best Practices for Avoiding Retaliation or Discrimination Claims Under FMLA and ADA," Nebraska Municipal Review, January 2023
- "EEOC Releases Updated 'Know Your Rights' Poster," Nebraska Municipal Review, October 2022
- "Just the Facts, Ma'am: Proper Documentation of the Nondiscriminatory Reasons for Termination," Nebraska Municipal Review, September 2022

- "Don't Ignore Bad Behavior: Best Practices for Addressing Workplace Harassment," Nebraska Municipal Review, August 2022
- "Department of Labor Guidance on Compensable Time for Employee Training and Continuing Education," Nebraska Municipal Review, July 2022
- "Ensuring Proper Classification of Workers as Independent Contractors," Nebraska Municipal Review, June 2022
- "Department of Labor's Guidance on Avoiding FLSA and FMLA Retaliation," Nebraska Municipal Review, April 2022
- "New Law Ending Forced Arbitration for Sexual Harassment and Assault Claims," Nebraska Municipal Review, March 2022
- "HR Tips and Resolutions for the New Year," Nebraska Municipal Review, December 2021
- "Preventing and Responding to Harassment in the Workplace," Nebraska Municipal Review, October 2021
- "Disability Discrimination and Documenting Performance Deficiencies," Nebraska Municipal Review, September 2021
- "OSHA Issues Updated COVID-19 Guidance and Emergency Temporary Standard for Healthcare Settings," Nebraska Municipal Review, July 2021
- "EEOC Issues Updated Guidance on COVID-19 Vaccination Policies," Nebraska Municipal Review, June 2021
- "FMLA for Municipal Employers," Nebraska Municipal Review, February 2021
- "Department of Labor Issues Final Rule on Definition of Independent Contractor," Nebraska Municipal Review, January 2021
- "COVID-19 Vaccination Policies: Important Considerations for Employers," Nebraska Municipal Review, December 2020
- "Coronavirus Relief Grants Application Period – Phase 2," Nebraska Municipal Review, October 2020
- "Employers' Obligations Under the Families First Coronavirus Response Act," Nebraska Municipal Review, September 2020
- "Returning to Work in the Era of COVID-19," Nebraska Municipal Review, July 2020
- "NLRB Reverses Course and Approves Employer Confidentiality Policies that Apply During Workplace Investigations," Nebraska Municipal Review, January 2020
- "Vacation Leave and Paid Time Off: Say *Bon Voyage* to "Use It or Lose It" Policies," Nebraska Municipal Review, December 2019
- "Employee Handbooks and End-of-the-Year Employment Reminders," Nebraska Municipal Review, November 2019
- "Amended Nebraska Law Prohibits Discrimination Based on Wage Disclosure," Nebraska Municipal Review, October 2019
- "Preventing and Responding to Sexual Harassment in the Workplace," Nebraska Municipal Review, July 2019
- "Employment Practices Liability Insurance: What Every Employer Should Know," Nebraska Municipal Review, June 2019
- "Avoiding the Boomerang Effect: Minimizing Exposure to Discrimination or Retaliation Claims Following Workplace Investigations and Discipline," The Nebraska Lawyer, March/April 2015

- "Why Can't We Be 'Friends'? Emerging Legal Issues Relating to Attacks on Social Media by the National Labor Relations Board and its General Counsel," The Nebraska Lawyer, November/December 2012
- "Physicians and Facebook: Implications of Social Media Usage in the Health Care Industry," Nebraska Medicine/The Nebraska Medical Association, September 2012
- "Independent Contractor or Employee: Avoiding Legal Risks and Penalties Associated with the Misclassification of Workers," The Nebraska Lawyer, November/December 2010

Podcasts:

- [A New Era for Layoff Notices: Understanding the Nebraska WARN Act](#), July 2026
- [Neutral by Design: What MrBeast's Lawsuit Teaches Us About HR, Handbooks, and Workplace Culture](#), June 2026
- [Employer Rights, Risks, and Obligations in the Modern Age of Social Media](#), May 2026
- [Inside DOL Proposal: Legal Implications for US Worker Classification](#), April 2026
- [Harassment Guidance Rescinded: What the EEOC's Withdrawal Means for Employers in the United States](#), March 2026
- [Getting Past the Stigma of Mental Health: An EAP Conversation](#), October 2025
- [The Impact of Political Speech in the US Workplace](#), September 2025
- [The Importance of Employer Confidentiality and Data Protection Policies in the US](#), September 2025
- [What to Expect from OSHA Under Trump 2.0](#), March 2025
- [The Federal Family and Medical Leave Act \(FMLA\) and Its Implications for U.S. Employers](#), November 2024
- [Examining the U.S. Department of Labor's 2024 Final Overtime Rule](#), November 2024
- [Political Discussion & Discourse in the U.S. Workplace](#), November 2024
- [U.S. Employee Voter Leave & Obligations for Employers](#), October 2024
- [The U.S. Federal OSHA's Proposed Indoor and Outdoor Heat Injury and Illness Prevention Standard](#), July 2024
- [U.S. Supreme Court Decision Weakens Federal Agency Rules](#), July 2024
- [Recent Updates to OSHA Enforcement Regulations in the U.S.](#), June 2024
- [The Pregnant Workers Fairness Act and What it Means for U.S. Employers](#), May 2024
- [The U.S. Department of Labor's New Overtime Rule and What it Means for Employers](#), May 2024
- [Worker Retention in Chile](#), January 2024
- [The New Final Rule for Representation Cases in the U.S.](#), December 2023
- [Current Labor Reform in Colombia](#), November 2023
- [The New "Joint Employer" Rule Issued by the US National Labor Relations Board](#), November 2023
- [Child Labor Enforcement and Proposed FLSA Overtime Exemption Regulations in the United States](#), September 2023

- [DE&I Efforts as an Invaluable Strategy Within the Legal Industry](#), July 2023
- [Enforcement of U.S. Child Labor Laws Heats up This Summer: Webinar Teaser](#), June 2024
- [Iowa's Employment Drug Testing Law](#), May 2023
- [NLRB Ruling on Confidentiality and Non-disparagement Clauses in the U.S.](#), February 2023
- [The Speak Out Act: What U.S. Employers Need to Know](#), January 2023
- [Cannabis Use & Testing at Work in New Jersey](#), November 2022
- [The Lifecycle of the Employee in Quebec](#), August 2022
- [Title IX 50th Anniversary](#), August 2022
- [Colorado's New Non-Compete Legislation](#), July 2022
- [Million -Dollar PAGA Cases Can Be Avoided Under U.S. Supreme Court's Viking River Decision](#), June 2022
- [Key Takeaways for Employers From the U.S. Major League Baseball Labor Negotiations](#), March 2022
- [Recent Legal Developments on Women's Rights Issues in the U.S.](#), March 2022
- [Forced Arbitration of Sexual Harassment and Assault Claims Recently Banned in the U.S.](#), February 2022
- [U.S. Supreme Court "Stays" OSHA ETS](#), January 2022
- [U.S. Emergency Temporary Standard: 6th Circuit Lifts the Stay](#), December 2021
- [Updates to the Pennsylvania Medical Marijuana Act](#), November 2021
- [Considerations and Protections for LGBTQ+ Students in Higher Education](#), September 2021
- [Safety Measures and Mandatory Vaccines in a Unionized Environment](#), August 2021
- [Return to Work Issues in Alaska](#), August 2021
- [The Changing Landscape of Labor Law Under the Biden Administration](#), July 2021
- [Vaccination & Masking Requirements in the U.S. and Recent Guidance from the EEOC](#), June 2021
- [Updates on the New Pay Equity Law in Colorado](#), May 2021
- [Challenges for U.S. Employers Dealing with Political Speech in the Workplace](#), May 2021
- [Updates on The American Rescue Plan Act](#), April 2021
- [Technology and the Future of HR](#), April 2021
- [The American Rescue Plan Act and Its Impact on Employee Benefits](#), March 2021
- [COVID-19 in the US: Vaccinations and the Workplace](#), March 2021
- [Immigration Issues Facing Colleges and Universities in the United States](#), March 2021
- [Employees and Technology: Are They Putting Your Business in Danger](#), February 2021
- [What Immigration Law Changes Employers Can Expect Under the Biden Administration](#), February 2021
- [Employers Prepare for Change as the Biden-Harris Administration Begins](#), February 2021

- [Mandatory Vaccination Plans for Employers in the United States](#), February 2021
- [Impact of the Biden Administration and Democratic Congress on Higher Education](#), February 2021
- ["New Normal" for Employees in the United States](#), February 2021
- [Considerations for Employers Regarding Vaccination Policies in the Context of COVID-19](#), December 2020