BHGR

Elizabeth Froehlke

attorney

Partner

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Liz is known for her professionalism and knows being calm, cool, and correct rather than overly argumentative best accomplishes her clients' litigation and employment objectives.

Elizabeth's Core Practices

Complex Commercial Litigation + Arbitration | Employment Law | Intellectual Property Litigation

Liz's practice focuses on complex civil litigation, arbitration, and employment law.

Complex Commercial Litigation + Arbitration

Liz represents commercial clients in state and federal courts and in arbitration forums in a variety of matters, including breach of contract, breach of fiduciary duty, trade secrets, restrictive covenants, contracts, discrimination, employment, vicarious liability, and wage and hour disputes. She manages all aspects of complex litigation, including fact investigations, written discovery and depositions, expert witnesses, pleadings, motions, briefs, and other court filings, and trial work.

Employment Law

Liz counsels clients in employment matters. She negotiates, reviews, and drafts employment agreements of all types, including executive, independent contractor, separation, and severance agreements. Liz also handles other employment issues, including exempt employee classification, employee handbooks, workplace violence, workplace substance use, family and medical leave, trade secrets, restrictive covenants, and discrimination.

Intellectual Property Litigation

Liz represents clients in intellectual property disputes, including matters involving trademark infringement, trade dress, copyright, and trade secret misappropriation.

More About Liz

Liz serves on BHGR's Mentorship Committee, co-chairs the Women's Leadership Committee, and has also served on the firm's Associates Committee.

Education

J.D., University of Colorado Law School

In law school, Liz received merit-based scholarships and fellowships and was a finalist or semi-finalist in multiple mock trial competitions. She was also the Regional Champion in the American Association for Justice (AAJ) National Student Trial Advocacy Competition.

B.A., St. Mary's College

Liz double-majored in Philosophy and Psychology and minored in Women's Studies. She was on the Dean's List and was a Presidential Merit Scholar.

Admissions

- Colorado
- New York
- U.S. Court of Appeals, Tenth Circuit
- U.S. District Court, District of Colorado
- U.S. Bankruptcy Court, District of Colorado

Related Practices

- Employment
- Litigation

Associations

American Bar Association

- Labor and Employment Group

Boulder County Bar Association

Colorado Bar Association

Colorado Lawyers Committee

- Young Lawyers Division (Board Member)
- Young Lawyers Division Fundraising Committee (2016-present)
- Special Education Committee (2017-present)
- Election Task Force (2016-present)
- Hate Crimes Education Task Force (2016-present)

Colorado Women's Bar Association

Publications + Presentations

Competition Judge, We the People, Project Citizen (2015-present).

Coach, NITA Tournament of Champions, University of Colorado School of Law (2015-2016).

Liz also provides employment law training for her corporate clients.

Published Cases

Reality Technology, Inc. v. United States of America, 116 F. Supp.3d 1240 (D. Colo. 2015).

United States v. Thomas, 165 F. Supp.3d 992 (D. Colo. 2015).

Dunn v. Shinseki, 71 F. Supp.3d 1188 (D. Colo. 2014).

Honors & Awards

Colorado Super Lawyers Rising Star (2023-27)

BizWest 40 Under 40 (2023)

U.S. Attorney's Award for Excellence, U.S. Attorney's Office, District of Colorado (2016)

Pro Bono

Liz works with the Colorado Lawyers Committee to provide pro bono legal services to children, economically vulnerable or underprivileged, and other disadvantaged communities.

Out + About

Outside of the office, Liz enjoys spending time with family, skiing in Colorado and around the world, traveling, and watching Notre Dame football. She gives back to her community by serving on the Board of Directors of Wellspring Community, a nonprofit organization that provides educational and enrichment enterprise opportunities to adults with intellectual disabilities, empowering them to live full, productive, and satisfying lives.