



Grant E. Shillington

Associate

Chicago
+1 312-558-3944

Grant focuses his practice on a wide range of employee benefits and executive compensation matters, including 401(k) plans, HIPAA compliance, and health and welfare benefits, among others.

As a law student, Grant interned with the U.S. Department of Labor in Chicago, where he researched and drafted memoranda and briefs on ERISA and OSHA litigated matters.

Credentials

EDUCATION

Grant received his J.D., *magna cum laude*, from Cornell Law School and was inducted into the Order of the Coif. He received a Master of Industrial and Labor Relations (M.I.L.R.) in Human Resources and Organizations from Cornell University and his B.A., *summa cum laude*, from Washington University in St. Louis.

ADMISSIONS

- Illinois

CLERKSHIPS

- USDC - Eastern District of TN for the Honorable Clifton L. Corker
- USDC - Eastern District of TN for the Honorable Clifton L. Corker

Related Insights & News

BLOG

IRS Releases 2026 Inflation-Adjusted Amounts for HSAs, HDHPs, and HRAs

MAY 16, 2025

BLOG

Unanimous Supreme Court Decision Makes It Easier for Prohibited Transaction Claims to Survive a Motion to Dismiss

APRIL 28, 2025

BLOG

Pension Risk Transfer Litigation Targets Multiply and Courts Finally Weigh In

APRIL 15, 2025

BLOG

DOL Announces New Self-Correction Component of Voluntary Fiduciary Correction Program: What Plans and Sponsors Should Know

MARCH 4, 2025

BLOG

Tobacco Surcharge Lawsuits Test Employee Wellness Programs

JANUARY 30, 2025

BLOG

California Wildfires: How Can Employee Retirement Plans Help?

JANUARY 23, 2025

BLOG

FTC Asks Appeals Courts to Revive Ban on Worker Non-Compete Agreements after Nationwide Block

NOVEMBER 8, 2024

Capabilities

Employee Benefits & Executive Compensation