



Rex Sessions

Partner

Chicago
+1 312-558-5286

Recognized for having “a very steady manner that inspires confidence in GCs, boards, and CEOs,” Rex provides strategic counsel to major companies on employment-related issues. With more than 30 years of experience, he has a deep and well-rounded understanding of all areas of labor and employment relations law.

Rex has represented clients in employment discrimination, wrongful discharge, and ERISA litigation matters. He has counseled clients on equal employment opportunity practices and employment-at-will issues and has assisted them in developing human resource policies and employee handbooks. He has been involved in negotiations and litigation concerning executive employment agreements, noncompetition provisions, and other contracts.

Rex also has extensive experience in counseling clients in connection with the maintenance of nonunion status. He has represented clients before the EEOC, OSHA, NLRB, NMB, U.S. Department of Labor, and labor arbitrators, as well as numerous local, state, and federal agencies and courts. He frequently conducts training for clients.

Rex is certified as a registered foreign lawyer in the UK.

Recent Experience

R1's Acquisition of VisitPay

Secured Settlement in California Wage & Hour Class Action

Early Mediation Leads to Quick Settlement in Wage & Hour Class Action

California Independent Contractor Class Action for Luxury Spirits Brand

Settled Discrimination Case for Luxury Brand

California Wage & Hour Class Action Ends in Settlement

High-Stakes, High-Level HR Investigation, Counseling, and Settlement of Sexual Harassment Allegations

Recognitions

Rex is listed in *Chambers USA*, *The Legal 500 US*, *The Best Lawyers in America*®, *The BTI Client Service All-Stars* 2012, and has been selected as an “Illinois Super Lawyer” by *Super Lawyers*. He was recognized as a “Key Lawyer” in *The Legal 500 US* 2021 and 2022 for Labor and Employment Disputes: Defense. He has been ranked by *Chambers USA* since 2008. A client described him as a “wonderful partner who knows our business very well and knows the parties that I deal with better than I do” (*Chambers USA* 2016). He was selected as a “Labor & Employment Star” in the 2020, 2022, and 2024 editions of *Benchmark Litigation US*. He also has been selected by his peers for membership in the Leading Lawyers Network as a Top 10 attorney for employee management. In addition, he was named a 2019 “Lawyer of the Year” for Employment Law - Management in Chicago by *The Best Lawyers in America*®.

Activities

Rex is involved in a number of community and charitable organizations, including serving as a member of:

- the Board of Directors and the Executive Committee of the Chicago Children’s Museum
- the Board of Directors and a member of the Audit Committee of Junior Achievement of Chicago
- the Board of Directors and Executive Committee of Chicago Scholars

Credentials

EDUCATION

Rex received a B.A. from Northwestern University in 1981 and J.D. from the University of Michigan in 1984.

ADMISSIONS

- Illinois
- New York

Related Insights & News

RECOGNITIONS

Winston & Strawn Recognized in 2024 *Benchmark Litigation*

OCTOBER 6, 2023

RECOGNITIONS

Winston Attorneys Recognized in *The Best Lawyers in America*® 2024

AUGUST 17, 2023

RECOGNITIONS

Winston & Strawn Recognized in *Chambers USA* 2023

JUNE 6, 2023

CLIENT ALERT

New Laws and Trends Affecting the Workplace in 2023

JANUARY 23, 2023

RECOGNITIONS

Winston & Strawn Attorneys Recognized in *The Best Lawyers in America*® 2023

AUGUST 18, 2022

CLIENT ALERT

Chicago Strengthens Its Anti-Sexual Harassment Laws

JUNE 30, 2022

RECOGNITIONS

Winston & Strawn Recognized in *The Legal 500 U.S.* 2022

JUNE 8, 2022

RECOGNITIONS

Winston & Strawn Recognized in *Chambers USA* 2022

JUNE 3, 2022

CLIENT ALERT

Congress Passes Bipartisan Legislation Banning Forced Arbitration of Sexual Harassment and Assault Claims

MARCH 1, 2022

CLIENT ALERT

OSHA Releases Emergency Temporary Standard for Private Employers

NOVEMBER 5, 2021

CLIENT ALERT

Illinois Passes Landmark Restrictive Covenant Legislation

AUGUST 31, 2021

RECOGNITIONS

Winston & Strawn Attorneys Recognized in *The Best Lawyers in America*® 2022

AUGUST 19, 2021

Capabilities

Labor & Employment

Trade Secrets, Non Competes & Restrictive Covenants

Financial Services

Health Care

Medical Devices

Life Sciences