Lauren James

Associate

I am an associate in Fox Williams' employment team, advising on a wide range of contentious and non-contentious employment issues.



Lauren joined Fox Williams in August 2026 as an associate in the employment team, advising on a wide range of contentious and non-contentious employment issues, including drafting and negotiating employment documentation, assisting with complex employee relations matters and the employment aspects of mergers and acquisitions. She has also worked on large-scale projects, including restructures, and represented clients in Employment Tribunal proceedings.

Prior to joining Fox Williams, Lauren trained at the London office of a US firm, gaining experience in providing specialist employment and incentives law advice on numerous multi-jurisdictional corporate transactions before moving offshore to join a market-leading employment team working across both Guernsey and Jersey.

Lauren is a member of the Employment Lawyers Association.

Legal Expertise

- Assisting with employee relations matters
- Drafting and negotiating employment documentation, including contracts, policies and handbooks
- Advising on employment aspects of mergers and acquisitions
- Representing clients in employment Tribunal litigation
- Redundancies and restructures
- Terminations and settlement negotiations

- Employment and HRLaw