Abbie Armstrong

Associate

I am an associate in the employment team. I advise employers and senior executives on all aspects of employment law.



Abbie joined Fox Williams' employment team as an associate in June 2026, having trained at a City firm and qualified as a solicitor in September 2024.

She advises employers and senior executives on a broad range of contentious and non-contentious employment law matters. Her practice includes Employment Tribunal litigation, disciplinary and grievance processes, whistleblowing, discrimination and unfair dismissal claims, restrictive covenants, TUPE, contracts of employment and related policies, settlement agreements, and the negotiation of senior exits.

Abbie has acted for clients across a range of sectors, including financial and professional services, manufacturing, media and hospitality, with a particular focus on advising senior executives, banks, and other financial institutions.

She regularly advises clients on complex employment disputes and workplace issues, supporting them from the earliest strategic stages through to Employment Tribunal proceedings where required.

Legal Expertise

- Employment Tribunal litigation, including claims for whistleblowing, discrimination and unfair dismissal
- Senior executive exits, including settlement agreements
- Contracts of employment, policies and employee handbooks
- Restructuring and redundancy processes
- Disciplinary and grievance processes
- Employee relations and day-to-day HR matters

- Employment and HRLaw

Experience

- Advising a fintech and digital assets business in its successful defence of a claim for whistleblowing interim relief in the Employment Tribunal.
- Advising an international media company on the employment aspects of a TUPE service provision change.
- Advising employers on the review and modernisation of employment contracts, policies and handbooks.
- Advising senior executives on contentious disciplinary, grievance and redundancy processes, including negotiated exits.
- Advising employers and senior executives on Employment Tribunal claims involving whistleblowing, discrimination and unfair dismissal.

Memberships

- Employment Lawyers Association