

Charlie Frost

Partner

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About Charlie

Charlie Frost is a partner in our Labour & Employment team, based in the Birmingham office.

Charlie regularly provides strategic support to clients on multijurisdictional projects, including business reorganisations and collective consultation issues. He has expertise advising on board-level appointments and departures, as well as the handling of sensitive disciplinary and grievance matters.

Charlie is an experienced litigator who takes a particular interest in interim injunctive relief applications in the High Court concerning enforcement of post-termination restrictive covenants and protection of confidential information. Charlie also regularly handles high-value and complex discrimination and whistleblowing claims in the employment tribunal.

Charlie is an experienced presenter and regularly presents at seminars and training events on key developments in employment law. He also takes a proactive role in the design and implementation of events with clients and third parties.

Credentials

Education

- The University of Manchester, LL.B., Honors, 1996
- College of Law, Chester, L.P.C., 1997

Admissions

- England and Wales (solicitor), 1999

Recognitions

- Recommended as a Leading Individual in *The Legal 500 UK 2023* for Employment, West Midlands
- Recommended in *Chambers UK 2023* for Employment, West Midlands
- Recognised as a Stand-out Lawyer by Thomson Reuters on its Stand-out Lawyers list 2023

Expertise

Services

- Labor & Employment

Industries

- Healthcare

About our firm

One of the world's strongest integrated law firms, providing insight at the point where law, business and government meet. We deliver commercially focused business solutions by combining our legal, lobbying and political capabilities and invaluable connections on the ground to a diverse mix of clients, from long-established leading corporations to emerging businesses, startup visionaries and sovereign nations. More than 1,500 lawyers in over 40 offices across four continents provide unrivaled access to expertise.