



Emily E. Cantwell

Partner

St. Louis | Chicago

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When asked about her personal philosophy of practicing law, Emily Cantwell said, “I work hard to provide the best possible outcome for clients, thinking strategically about the cases I am involved in. It is my goal to lift the burden of litigation from clients.”

Emily Cantwell is a commercial litigator with a focus on financial services and real estate litigation. She is the Partner-in-Charge of the firm’s St. Louis office and has been recognized as one of St. Louis’ *Most Influential Business Women*. She is also a recipient of Missouri Lawyers Media’s 2024 Women’s Justice Award. Emily serves all types of clients, focusing on mid-market to Fortune 500 companies.

Business, Financial Institution and Real Estate Litigation

In her representation of businesses, financial institutions and real estate companies, Emily handles all aspects of complex commercial litigation. She has:

- Engaged in all parts of the civil litigation process, including the pleading stage, discovery, motion practice, dispositive motion filing and trial
- Obtained a directed verdict following a three-day bench trial on behalf of all defendants in a legal malpractice action
- Led and settled several large-scale litigation matters and has obtained judgments in favor of a leading St. Louis-based real estate development and management group
- Settled litigation in favor of an international crop nutrition agricultural client in matters alleging breach of contract, declaratory judgment, and fraudulent transfer

Areas of Focus

Services

[Labor & Employment](#)

[Financial Services](#)

[Litigation](#)

[Real Estate & Development](#)

[Non-Compete, Non-Solicit,](#)

[Trade Secrets & Other](#)

[Restrictive Covenants](#)

[Financial Services Litigation](#)

[General Business & Complex](#)

[Commercial Litigation](#)

Sectors

[Financial Institutions](#)



- Secured summary judgment for a multi-claim lawsuit on behalf of a franchisor client after three years of litigation
- Secured a favorable verdict following a jury trial in favor of a financial services client for breach of contract and related equitable causes of action

Receiverships

Emily has handled multiple receiverships for clients, ranging from small commercial properties to expansive multi-unit residential buildings as well as Cannabis-related entities, hotels and other related commercial properties. Serving as counsel for both lending institutions and receivers, Emily is well versed in the requirements and issues surrounding this unique remedy available to her clients. In her experience within this industry, she has:

- Secured the appointment of a receiver on behalf of lender-based clients in the commercial real estate space
- Provided legal guidance to appointed receivers on maneuvering and managing the numerous requirements of receivers
- Assisted in the management, preservation, and disposition of assets under receivership
- Resolves disputes between creditors, stakeholders, and other interested parties while working to maximize the recovery of debts owed to creditors

Employment Law

Through her practice, Emily assists entities in navigating the employment law process, from the administrative level up to and including litigation. She also helps to conduct investigations of employee complaints. Emily assists clients with the defense of matters alleging:

- Discrimination
- Harassment
- Hostile work environment
- Noncompete
- Retaliation
- Wrongful termination

Recently, a federal judge in the Eastern District of Missouri granted a motion to dismiss slander claims brought against a client in a case alleging a hostile work environment, extracting the client from the case in its initial stages.

Since 2019, Emily has served as co-chair of the firm's Women's Initiative Network and on its Diversity and Inclusion Committee. Prior to joining Lathrop GPM, Emily was a congressional intern in the U.S. House of Representatives, a communications intern for a non-profit organization, and a teaching assistant and faculty fellow at Saint Louis University and its School of Law.

Credentials

Education

- Saint Louis University School of Law, J.D., 2010
 - Saint Louis University Law Journal
- University of Florida, B.A., 2007, magna cum laude
- University of Florida, B.S., 2007, cum laude

Bar Admissions

- Illinois
- Missouri

Court Admissions

- U.S. District Court for the Eastern District of Missouri
- U.S. District Court for the Western District of Missouri
- U.S. District Court for the Central District of Illinois
- U.S. District Court for the Southern District of Illinois

Recognition

- *Missouri Lawyers Media*, "Women's Justice Awards: Litigation Practitioner Award," 2024
- Clayton Chamber of Commerce, "Business Person of the Year," 2023
- University of Florida, "40 Gators Under 40," 2021
- *St. Louis Small Business Monthly*, "Best Attorneys," 2020, 2021
- *St. Louis Business Journal*, "Most Influential Business Women," 2019
- *Missouri Lawyers Weekly's* 2017 Up & Coming class
- Selected for Missouri/Kansas *Super Lawyers* "Rising Stars," 2014-2017

Presentations

- Co-presenter, "Missouri Legislative and Legal Update Webinar," Lathrop GPM, February 7, 2025
 - Co-presenter, "Salary Disclosure, Remote Work and Lunch Breaks, Oh my! Updates in Employment Law 2023," Missouri Employment Conference, May 17, 2023
 - Panelist, "Second Quarter: Courts and Juries in 2023 and Beyond," Lathrop GPM 2023 State of Litigation: Draft Edition, April 12, 2023
 - Presenter, "Issues Involving Employee Restrictive Covenants and Confidentiality Agreements," Lathrop GPM 2022 Employment & Labor Law Seminar, April 12, 2022 (Kansas City)
 - Panelist, "[A Path Forward](#)," Most Influential Business Women Awards, August 13, 2021
 - Panelist, "Talk to the Experts," Clayton Chamber of Commerce, March 23, 2021
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Professional Activities

- Commercial Receivers Association, Board Member
- The Missouri Bar
- Illinois State Bar Association

Community Involvement

- Rung Leadership Council Member, 2023-present
- Women's Foundation of Greater St. Louis, Board of Directors, 2020-present; Women in the Workplace: Employment Scorecard Initiative Committee
- Clayton Chamber of Commerce, Board of Directors; President, 2018
- Greater Missouri Leadership Challenge, 2015 Class, Board of Directors