



Molly Rochford

ASSOCIATE

Molly is a labor and employment attorney who represents and counsels employers in administrative proceedings and litigation in state and federal courts.

Practices

[Labor, Employment & OSHA](#)

Education

Boston University School of Law, JD
Cornell University, BS

Offices

[Boston](#)

Phone

[617.973.6122](#)

Email

molly.rochford@afslaw.com

Molly represents and counsels employers in a range of labor and employment matters, including administrative complaints and litigation in state and federal courts. She conducts legal research and drafts briefs addressing complex legal issues, including motions to dismiss, motions to compel, and motions for summary judgment.

Molly also has experience interviewing witnesses, preparing for and participating in depositions, managing discovery in litigation, arbitration, and mediation, and trial preparation and participation.

Drawing on her background in industrial and labor relations and her experience in both litigation and public-interest advocacy, Molly approaches matters with a practical understanding of workplace issues and a strong foundation in legal research, writing, and case development.

Previous Work

Before joining ArentFox Schiff, Molly was an associate in the Boston office of a national labor and employment law firm, where she represented and counseled clients in administrative proceedings and litigation in state and federal courts. Molly also sat as second chair in a federal jury trial, helping to secure a full defense verdict for her client. She previously served as a summer associate with the same firm, conducting legal research, preparing memoranda, and assisting with discovery in matters involving litigation, arbitration, and mediation.

While attending Boston University School of Law, Molly participated in the International Human Rights Clinic. Through the clinic, she assisted in the representation of missing migrants and their families in El Salvador, Nicaragua, Honduras, Mexico, and the United States. She also helped prepare reports for submission to the Inter-American Court of Human Rights and worked with organizations serving migrant populations in Tijuana and San Diego.

Molly previously interned with the Yates County Public Defender's Office, where she received authorization from the New York Appellate Division, Fourth Department, to represent clients in court. She represented indigent defendants in misdemeanor and felony matters and researched and drafted motions and memoranda for criminal and family court proceedings.

As an undergraduate at Cornell University, Molly participated in the Cornell Law School's Employment and Labor Law Clinic. She traveled to Paraguay to interview labor union leaders, employees, advocates, and attorneys and helped prepare reports concerning Paraguayan labor laws for submission to the International Trade Union Confederation. She also served as a research assistant with Cornell's Death Penalty Project, assisting clients in connection with parole proceedings.

Life Beyond the Law

Outside of work, Molly enjoys cooking for her family and friends, watching TV crime dramas, and trying new restaurants in and around Boston.

Bar Admissions

[Massachusetts](#)

[New York](#)

Court Admissions

[US District Court, District of Massachusetts](#)