



Elizabeth A. Woods

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Elizabeth Woods is an associate in Herrick's Litigation Department, where she supports clients across a range of complex commercial disputes. Her recent experience includes litigation involving real estate, employment, insurance coverage disputes, trusts and estates, breach of contract, breach of fiduciary duty, as well as other business-related conflicts arising in both state and federal courts.

Before joining Herrick, Elizabeth worked in strategic communications where she counseled clients across the retail, food and beverage, financial services, healthcare, higher education and technology sectors. She played a key role in both live issue response and crisis preparedness by developing messaging and strategy, crisis simulations, scenario planning and communications playbooks—experience that now strengthens her ability to analyze risk, craft persuasive narratives and support litigation strategy in high-pressure matters.

Services

- Litigation

Education

- Fordham University School of Law
- Wake Forest University (B.S.)

Publications

February 26, 2026

Restrictive covenants: emerging issues, judicial trends and employer strategies for 2026
IAM