Trisha Efiom

Associate

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Overview

Trisha Efiom represents employers in labor and employment matters. She assists in the defense of management against allegations of discrimination, wrongful discharge, breach of contract and retaliation by former and present employees and in disputes before the National Labor Relations Board. Trisha handles matters to assist in-house counsel, human resources and labor relations professionals on federal, state and local laws affecting the workplace.

Trisha was a judicial clerk for the Honorable Zahid N. Quraishi, when he was a Magistrate Judge and more recently as a District Judge at the U.S. District Court for the District of New Jersey. As a judicial clerk, she gained experience conducting legal research, drafting judicial opinions on non-dispositive and dispositive motions, and assisting with resolution of complex discovery disputes.

Trisha was a judicial intern for the Honorable Magistrate Judge James B. Clark, III, at the U.S. District Court for the District of New Jersey. She was also a legislative intern for Assemblyman Jeffrion L. Aubry at the New York State Assembly, where she assisted with the development of legislation; and a congressional intern for Congressman Paul D. Tonko at the U.S. House of Representatives. Trisha was a summer associate at Day Pitney.

During law school, Trisha was involved in the Rutgers Law School Civil Justice Clinic, where she represented indigent clients in civil housing matters in the Newark, NJ area.

Practices & Industries

- **Employment & Labor**
- **Employment Contracts**
- **Employment Counseling & Training**
- **Employment Litigation**
- **Labor Management Relations**
- **Litigation**
- **Restrictive Covenants & Trade Secrets**
- **Wage and Hour Compliance & Employee Compensation**
- **Workplace Investigations**

Education and Credentials

Education

Rutgers Law School, J.D., 2020, *Women's Rights Law Reporter*, Articles Editor; Moot Court, Board Member

State University of New York at Albany, B.A., *magna cum laude*, 2017

Admissions

State of New Jersey

State of New York

Insights

EEOC Rescinds Its 2024 Harassment Guidance
Day Pitney Alert, February 9, 2026

What's New, What's Changing, and What's Next in New York Employment Law for 2026
Day Pitney Alert, February 4, 2026

New Year, New Employment Law Updates: New York's 2025 Updates
Day Pitney Advisory, February 6, 2025

Garden State Bar Association's 5th Annual Labor and Employment Symposium
November 14, 2024

"Annual Scholarship," Garden State Bar Association
June 29, 2024

New York Employment Law Developments: Paid Lactation Breaks, Posting Requirements and More
May 22, 2024

New York Rings in the New Year With New Employment Laws
January 29, 2024

"4th Annual Labor and Employment Symposium," Garden State Bar Association
November 13, 2023

New York Employment Law Continues to Heat Up Even as the Weather Cools Down
August 31, 2023

Updated: New York Legislature Passes Noncompete Ban
June 13, 2023

2023 Annual Employment and Labor Conference
June 7, 2023

Day Pitney Sponsors Hispanic Bar Association of New Jersey's 42nd Annual Scholarship Gala and Awards Dinner
April 1, 2023

New York State and City Pay Transparency Laws Continue to Evolve
March 24, 2023

FTC Takes Historic Action Against the Enforcement of Non-Compete Agreements
January 17, 2023

2023 New York Employment Law Updates
January 11, 2023

New York Law Prohibits Employers From Disciplining Employees for Lawful Absences
December 20, 2022

Don’t Fall Behind: Stay Up to Date With the Changes to New York’s Employment Laws
October 3, 2022

Day Pitney's Annual Employment and Labor Conference Session 2
June 16, 2022

NJ Court Holds First Amendment Does Not Prohibit Employee Discharge for Racially Insensitive Post
June 8, 2022

New York City Council Votes to Amend Pay Transparency Law and Extend Effective Date to November 1, 2022
May 2, 2022

UPDATED: 2022 Brings More Employment Law Updates for New York Employers
April 14, 2022

Keeping Up With New York's New Employment Laws
March/April 2022

Keeping Up With New York's New Employment Laws in the New Year
January 11, 2022

News

Garden State Bar Association 47th Anniversary Scholarship and Awards Gala
September 10, 2022

In The Media

Staying Compliant in the Tri-State: The Latest in Employment Law Webinar
December 16, 2025

2023 Annual Employment and Labor Conference
June 7, 2023

Business Begins Angling To Scale Back FTC's Proposed Limits on Noncompete Agreements
Inside Radio, January 18, 2023

Associates Class of 2022
New Jersey Law Journal, October 31, 2022