

IMMANUEL O. ADEOLA, ESQ.

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Associate



Immanuel “Manny” O. Adeola is an accomplished litigator with a focus on labor and employment law, representing public and private entities in state and federal courts. He has extensive experience handling employment disputes, civil rights claims, and complex litigation on a broad range of workplace issues across New York, New Jersey, and Delaware.

Skilled in all phases of litigation—including pleadings, discovery, depositions, motion practice, and trial work— Manny also brings significant experience in appellate advocacy and alternative dispute resolution. He is well-versed in federal and state employment statutes and constitutional issues, offering clients practical, strategic counsel grounded in broad legal expertise.

Manny is an active member of the legal community, serving in leadership roles within the Essex County Bar Association and holding membership in the Association of the Federal Bar of New Jersey and the Nigerian Lawyers Association. In 2023, he was honored as one of the National Black Lawyers Top 40 Under 40 in New Jersey. During law school, he served as Senior Editor of the *Business Law Review*, Co-Chair of the Moot Court Board, and earned top honors in national mock trial competitions. Manny also supports public interest work through clinical and research roles focused on equity and community lawyering.

Outside of the courtroom, Manny enjoys reading, playing recreational basketball, competing in bar trivia, and attending professional sports games.

HONORS AND AWARDS:

- National Black Lawyers, Top 40 Under 40, New Jersey Chapter (2023)

PROFESSIONAL EXPERIENCE:

- City of Jersey City, Jersey City, NJ - Assistant Corporation Counsel (May 2024 - June 2025)
- Wilentz, Goldman & Spitzer, P.A., Woodbridge, NJ - Commercial Litigation Associate (June 2023 - April 2024)
- Lite DePalma Greenberg & Afanador, LLC, Newark, NJ - Litigation Associate (May 2021 - May 2023)
- Essex County Prosecutor's Office, Newark, NJ - Assistant Prosecutor/Special Deputy Attorney General (September 2019 - April 2021)

EDUCATION:

- Rutgers Law School, J.D. (May 2018)
- Trinity College, B.A. Political Science (May 2014)

BAR ADMISSIONS:

- State of New Jersey (2019)
- United States District Court – District of New Jersey (2020)

PROFESSIONAL ACTIVITIES

- Association of the Federal Bar of New Jersey, Member
- Essex County Bar Association
 - Co-Chair, Criminal Bench Bar Committee (2023-2024)
 - Public Relations Chair, Young Lawyers Section (2023-2024)
 - Public Sector Chair, Young Lawyers Section (2022-2023)
 - Co-Chair, Vincent J. Apruzzese High School Mock Trial Competition (2022-2023)
- Nigerian Lawyers Association, Member