

Monika R. Bidner

ASSOCIATE

monika.bidner@stinson.com

Direct: 314.259.4475

Office: St. Louis



Monika is passionate about helping employers navigate the complexities of employment law while supporting their broader business objectives.

Monika assists clients across industries on employment litigation, compliance and internal investigations, providing practical guidance on day-to-day personnel issues and dispute prevention strategies.

She brings valuable experience managing cases from inception through trial and appeal, including defending employers and insurance carriers in workers' compensation matters and negotiating favorable resolutions. Her experience also includes advising on claims involving discrimination, harassment, retaliation, and wage and hour matters, and counseling on obligations under Title VII, the Americans with Disabilities Act, and the Family and Medical Leave Act.

PROFESSIONAL & CIVIC ACTIVITIES

SHRM of Greater St. Louis

Bar Association of Metropolitan St. Louis

PRACTICES & INDUSTRIES

Labor, Employment & Benefits

ADMISSIONS

Missouri

Illinois

EDUCATION

St. Louis University School of Law, J.D., 2019

- Managing Editor, *ABA Journal of Labor and Employment Law*

University of Nebraska-Lincoln, B.S.,
Business Administration, 2013

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