

**Sheryl J. Seiden** is the founding partner of Seiden Family Law, LLC in Cranford, New Jersey. She has been duly licensed to practice law in the State of New Jersey since December 1996 and in the State of New York since June 1997.

Sheryl is the Immediate Past Chair of the Family Law Section (“FLEC”) of the New Jersey State Bar Association. As an Officer of FLEC for five years, Sheryl dedicates her time to ensure that the needs and concerns of the Family Law Section are addressed. She has served as a member of FLEC since 2008. She previously served on the legislative committee of FLEC where she was responsible for presenting pending legislation to FLEC to obtain FLEC’s positive on same. She is a past Co-Chair of the Young Lawyer Family Law Subcommittee for FLEC.

Sheryl Seiden is a seasoned matrimonial lawyer, having practiced family law exclusively since January 2000. Sheryl has been recognized as a “Best Lawyer in America” since 2015, and has been selected by her peers as a Super Lawyer (and previously, a “Rising Star”) for the last several years since 2015. In 2018 and 2019, she was recognized by Super Lawyers as one of the top 50 female lawyers in New Jersey and one of the top 100 lawyers in the State of New Jersey.

Sheryl has served on the Nominating Committee for the New Jersey State Bar Association for the 2018-2019 and 2019-2020 terms where she was responsible for making recommendations for the future officers, trustees and nominating committee members for the New Jersey State Bar Association.

She is also a fellow of the American Academy of Matrimonial Lawyers (“AAML”) – New Jersey Chapter (“AAML”), where she served on the board for four years. Sheryl is also a member of the Matrimonial Lawyers Alliance.

Sheryl has also served as a member of the District XII Ethics Committee where she has been appointed by the Supreme Court of New Jersey to investigate and provide recommendations on ethics Complaints filed by grievant’s against attorneys in the state of New Jersey.

In November 2014, Sheryl argued for AAML *Amicus Curiae* for AAML in Gnall v Gnall before the Supreme Court of New Jersey.

Sheryl has been involved in speaking, moderating and organizing the Family Law Symposium for the last five years. She is responsible for organizing the Family Law Symposium for January 24-25 2020. She moderated and spoke on panels for the Family Law Symposium on the effect of the new tax law on family law matters in January 2019, on Child Support, Emancipation and Special Needs Trusts in January 2018, on alimony issues in January 2017, on legislative issues affecting family law in January 2016, and on the topic of reexamining our relocation laws in January 2015. She also was a speaker at the Friday Night program for the Family Law Symposium in January 2013 on the topic of Case Information Statements.

Sheryl has lectured several times on the Relocation Laws in the State of New Jersey and on Bisbing v Bisbing, the case setting the new standard on relocation.

She has experience with addressing parental alienation, she has written an article and lectured on this topic.

Sheryl also wrote and presented a seminar series entitled "How to Take A Case Through The Court System," which she presented to the Young Lawyers Section of the State Bar in order to educate them about family law practices and procedures, which continues to be presented throughout the State of Jersey. She has lectured for the Institute of Continuing Legal Education and the Union County Bar Association on "How to Effectively Prepare a Case Information Statement" and the Middlesex County Bar Association on "Parental Alienation and Relocation Issues."

Sheryl frequently lectures at the New Jersey State Bar Annual Conference. In May 2017, 2018 and 2019, she was part of the Bench Bar Panel. In years past, she spoke and/or moderated on the following topics: "Landmines in Negotiating and Drafting Property Settlement Agreements," "Custody/Parenting Time Issues," "Why Equitable Distribution Should Be Equitable and Not Necessarily Equal" and "How and When to Use Experts at Trial."

She organized and moderated the "Hot Tips Seminar" in 2017 on Demystifying the Trial for preparing and proceeding to trial. She also was a speaker at the "Hot Tips Seminar" in November 2013, 2014, 2015, 2016 and 2018.

In March 2015, she was asked to opine on legal issues on the Jenny McCarthy's radio show.

Sheryl is also a member of the Union County and Essex County Bar Associations. She has volunteered for Partners for Women and Justice and has lectured for the Institute of Continuing Legal Education on family law issues. Sheryl was a participant in the ABA Family Law Trial Advocacy Program in May 2008, which enhanced her litigation skills.

She is an Early Settlement Panelist for the Superior Court of New Jersey, Chancery Division, Family Part, Union County, and has been asked to serve as a Blue Ribbon Panelists on several occasions by the Early Settlement Panel for the Superior Court of New Jersey, Chancery Division, Family Part, Essex County.

Prior to forming Seiden Family Law, Sheryl was a partner at a family law boutique firm, where she practiced family law for thirteen years. She also practiced matrimonial law for several years at Kasowitz, Benson, Torres & Friedman in New York City, working closely with Eleanor B. Alter, Esq. and Helene Brezinsky, Esq. in complex matrimonial cases in both New York and New Jersey. She also acquired significant litigation experience at both Paul Hastings Janofsky & Walker and Thacher Proffitt & Wood.

Sheryl graduated *magna cum laude* from New York Law School in 1996, where she served as the managing editor of the *New York Law School Law Review*. She received her B.A. in Justice from American University in Washington, D.C. in 1993, where she graduated *cum laude*.