

Milt Castro

Chicago, IL

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SENIOR COUNSEL

Overview

Milt approaches client relationships with a personalized and empathetic approach. He advises clients on all options available to them, thoroughly discussing the implications and level of risk each carries, to ensure they are making well-informed choices. This tailored approach to each client and matter has helped build his reputation as an attorney able to secure positive outcomes.

Milt brings more than 15 years of practice experience spanning employer- and employee-side employment litigation and in-house labor and employment counsel to his role in the Labor & Employment Service Group. He advises clients across industries on compliance and best practices under federal and state labor and employment laws and regulations and defends employers against claims of compliance, employee classification, discrimination and harassment, wage and hour, leave, and wrongful termination. Milt has successfully represented employers in federal and state court and before administrative agencies. His background also includes first chairing labor arbitrations, negotiating with unions, advising on contract interpretation and implementation issues, and other labor relations matters. Whether in or out of the courtroom, he remains methodical, committed, and tenacious in pursuit of his clients' best interests.

Milt is also a military veteran. Prior to his law career, he served in the U.S. Marine Corps from 1997 to 2002. He attained the rank of sergeant and was awarded the Combat Action Ribbon.

Outside of the office, Milt is a firm believer in staying active—whether that's on a local running trail or coaching first grade soccer on a Saturday morning. He's a bit of a hobbyist at heart; you'll often find him practicing guitar, chasing the perfect golf swing, or baking treats for his family. On a quiet night, he's likely catching an esports match or just enjoying some downtime with his wife and two children.

SERVICES

Labor & Employment

EDUCATION

Northwestern University
Pritzker School of Law, J.D.,
2009

University of Illinois Urbana-
Champaign, B.S., 2006

ADMISSIONS

Illinois

Experience

Won Complete Dismissal of Multi-Claim Administrative Charge Filed With the EEOC Against Fortune 500 Company

Obtained Total Default Judgment for Tech-Sector Client Against Fraudulent Application Scheme

Achieved Full Arbitration Win in Union Employee FMLA Misconduct Case

Membership & Involvement

- Member: Team Rubicon (2025 – Present); The Mission Continues (2021 – Present)

Firm News

Attorney Milt Castro Joins Amundsen Davis's Chicago Office
Firm News, December 8, 2025

Blog Posts

SB 464 Guide: California's New Mandatory Pay Data Penalties for 2026
Labor & Employment Law Update, February 2, 2026

Thousands Apply for Minnesota PFML: What Employers Should Do Now
Labor & Employment Law Update, January 22, 2026

VESSA's Expanded Recording Protections: What Illinois Employers Must Do Now
Labor & Employment Law Update, January 13, 2026

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