

Dana K. Mydland

Special Counsel

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📡 employmentlawinmotion.com

“Clients run businesses, not lawsuits, and my advice reflects that. From proactive counseling to defending individual claims and multimillion-dollar class actions, I focus on solutions that account for both legal risk and business reality by pairing sound legal strategy with a practical understanding of operations, costs, and business goals.”

Dana Mydland provides comprehensive legal support to employers of all sizes, proactively guiding them to avoid unnecessary litigation and vigorously defending them in litigation through trial. Through years of experience helping employers, she keeps clients’ business needs at the forefront of her work.

Dana’s employment counseling practice focuses on compliance and employee policy and handbook development. She advises employers on ADA compliance, including website accessibility requirements, and conducts workplace investigations.

When litigation does arise, Dana is experienced in defending employers against claims of discrimination, retaliation, and harassment; state and federal medical leave laws, including the FMLA and PFML; noncompete, nonsolicitation, and confidentiality agreements; state and federal wage and hour disputes; class actions; breach of contract claims; Department of Labor and Industry claims and audits; and complaints filed with the EEOC and state and local administrative agencies. Dana also advises clients on website accessibility compliance under the Americans with Disabilities Act (ADA).

Before joining Miller Nash, Dana practiced employment law at a national law firm. Her experience also includes judicial clerkships at the Washington State Court of Appeals.

Professional Activities

- Campaign for Equal Justice
 - Associates Campaign Committee, 2024-2026
- Washington State Bar Association, Member
- U.S. District Court, Western District of Washington, Pro Bono Program

Education

J.D., Seattle University School of Law, *cum laude*, 2019

- Executive Editor of Research & Training, *Seattle University Law Review*
- Presidential Law Scholarship Recipient

B.A., Washington State University, *cum laude*, criminal justice & political science, 2015

- Co-Founder/Assistant Director, Pre-Law Resource Center

Bar Admissions

Washington, 2020

Court Admissions

U.S. District Court, Western District of Washington

U.S. District Court, Eastern District of Washington

U.S. Bankruptcy Court, Western District of Washington

Civic Activities

- Seattle Women's Golf Club
 - Founder

Presentations

- "Annual Employment Law Update," SHRM Skagit-Island (Sept. 2026)
- "Introduction to Labor and Employment Law," Anacortes Chamber of Commerce (May 2026)
- "Labor and Employment Law," The Seminar Group (Dec. 2024)

Recognition & Honors

- Selected for inclusion in *Best Lawyers: Ones to Watch*® (Seattle, WA)
 - Litigation—Labor and Employment, 2025-present
- Selected for inclusion as a Washington Super Lawyer—Rising Star, 2024-present

Personal Activities

Outside of the office, Dana enjoys golfing, live music, discovering new restaurants, and exploring all the beautiful places the Pacific Northwest has to offer.