

BDBF grows employment team with new associate appointment

BDBF, a leading employment law firm, welcomes [Ben Cowdry](#) who joins the firm as its newest associate.

Ben's broad experience across both employer and employee-side matters, combined with his passion for achieving strong results through negotiation and advocacy, will further enhance the team's capabilities. His addition increases the firm's team to six partners, 17 associates, and an eight-member practice team.

The firm's success in recruiting talented lawyers such as Ben reflects the firm's strong standing for delivering outstanding client service, achieving robust litigation outcomes and offering top quality work in a collaborative environment. The firm continues to be top ranked, consistently securing tier one rankings from leading independent legal directories for its representation of senior executives over the past 12 years, while also growing its offering to employers on complex, high-value employment issues.

[Gareth Brahams](#), Managing Partner said, *"Ben's practical experience in tribunal litigation, discrimination and dismissal claims, together with his skill in negotiating settlements and drafting key documents, adds further bench strength. We look forward to him joining our team."*

Ben Cowdry said, *"I am pleased to be joining BDBF, a market-leading employment firm recognised year after year for their elite level of advice. This continued recognition is a testament to its highly experienced team, whom I am excited to collaborate with and learn from. With many changes on the horizon in the employment sphere, I look forward to tackling*

these challenges together.”

