How to Proceed with a Wrongful Termination Claim  
  
By Douglas Geyman  
  
If you experienced a job loss recently and believe that employment was terminated for an unlawful reason, you may have a right to bring a wrongful termination claim against your former employer. Although individuals may work under an at-will employment agreement, the law does not permit employers to discriminate at will. An employer may be in violation of local, state, and federal regulations. These are some suggestions for how to proceed in this situation.  
  
First, refrain from acting on any immediate negative impulses against your employer. Return all company property and comply with postemployment procedures. This will improve your position in any eventual claim.  
  
Seek legal assistance in the matter. The local Bar Association in your area can help identify attorneys who practice employment law.  
  
An attorney will help you determine whether your former employer violated laws against discrimination or other labor laws in terminating your employment. If you were wrongfully terminated, you may be eligible to negotiate a severance package. You may also receive damages through a wrongful termination claim.   
  
About the Author   
  
Douglas Geyman operates a private law practice in San Diego, California. The San Diego Bar Association has listed him as one of the area’s best attorneys for employment law.