

Jazmyn J. Barrow, Esq.

Strategic legal counsel for high-stakes rooms. On the page. In the room. On the stage.

Athletes • Families • Executives • Founders • Institutions • High-Stakes Legal Strategy

SPEAKER POSITIONING

Jazmyn Barrow helps athletes, executives, founders, family enterprises, and institutions protect leverage, reputation, ownership, work, and future value when decisions are moving fast and the cost of getting them wrong is high.

Practitioner Judgment

Seventeen years advising high-stakes rooms, including more than six years as a partner/shareholder at AmLaw 100 labor and employment firms.

Plain-English Translation

Complex legal risk becomes practical, usable decision architecture for audiences that need clarity before the room changes.

Frameworks People Use

Sessions give audiences questions, checklists, and judgment tools they can use before signing, negotiating, hiring, firing, investing, or saying yes.

SIGNATURE TALKS

Before the Money Moves

Legal protection for athletes, families, founders, and first-generation wealth. Covers contracts, NIL, rights, advisor roles, entities, reputation, and long-term leverage.

Whiplash Workplace

How leaders should plan for a labor landscape that changes every four years. Built for HR, legal, executives, public entities, and institutions.

The High-Stakes Room

Legal strategy for women and leaders navigating work, wealth, reputation, ownership, negotiation, and legacy.

FORMATS

Keynote

30 to 60 minutes

Fireside

Moderated executive conversation

Workshop

60 to 90 minutes with tools

Panel

Speaker or moderator

Private Salon

Closed-door client or leadership room

Podcast / Media

Expert commentary and interviews

SELECTED STAGES, AUTHORITY SIGNALS & PROOF POINTS

- Featured speaker, 2nd Annual Sports Moms Conference, DeSoto, Texas, August 2026.
- Founder, J Barrow Legal, LLC, serving athletes, families, executives, founders, institutions, and public entities.
- Former partner/shareholder at AmLaw 100 labor and employment firms.
- Recognized by Crain's Cleveland Business 40 Under 40, Best Lawyers, and Ohio Rising Stars.
- Publisher of The Counsel Brief, including the NIL/labor analysis "The New Unions."

SHORT BIO

Jazmyn J. Barrow, Esq. is the Founder and Managing Attorney of J Barrow Legal, LLC, a modern legal advisory firm serving athletes, families, executives, business owners, public entities, universities, and institutions in high-stakes legal and business matters. A former AmLaw 100 shareholder with more than seventeen years of legal experience, Jazmyn advises clients on contracts, negotiation, labor and employment, workplace strategy, institutional risk, reputation, and long-term protection.

TESTIMONIALS

"She's always moving. She's kinetic energy. She is a top-notch attorney, highly engaged, incredibly responsive, and accountable."

John Gerak, Managing Director, Ogletree Deakins | Crain's Cleveland Business 40 Under 40

BOOKING CONTACT

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