



Sean M. Abernathy

ATTORNEY, SHAREHOLDER

"My clients appreciate that I am friendly, responsive, knowledgeable, and assertive, when needed, to help them meet their goals and defend their interests."

CONTACT ME

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ABOUT

Specializing in claims against large employers, self-insured employers and high-value/complex workers' compensation claims, Sean works alongside insurers and third-party administrators across a range of industries, including food service and delivery, logistics and temporary staffing. Prior to joining Brown & Carlson in 2015, Sean spent several years practicing workers' compensation defense litigation at a large firm in Chicago— experience that helped him hone his skills and deepen his expertise in the field. Licensed in Minnesota, Wisconsin and Illinois, he continues his work today, building his expertise in workers' compensation defense and general litigation to achieve favorable outcomes for his clients.

Recognized as friendly, responsive, knowledgeable, and assertive when the situation calls for it, Sean is a trusted advocate who helps clients achieve their goals and protect their interests. Within the office, he takes enjoyment from collaborating with colleagues to identify the best path forward while fostering long-term relationships that yield meaningful results. In his spare time, Sean devotes himself to spending quality time with his wife and two daughters. A trained singer and active member of the community, he also serves on the executive board of the Good Shepherd Men's Club, a fundraising organization dedicated to supporting the Good Shepherd School and the broader Golden Valley community.

CREDENTIALS

- St. John's University, B.A., 2006
- DePaul University College of Law, Visiting Student, 2009/2010
- University of St. Thomas School of Law, J.D., 2010
- Bar Admissions: Minnesota, 2012; Wisconsin, 2018; Illinois, 2010
- United States District Court, North District of Illinois, 2010

NOTABLES

ASSOCIATIONS

- Minnesota State Bar Association
- Illinois Bar Association
- Illinois Workers' Compensation Lawyer Association

ASSISTED BY

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