



## SARAH L. CARSTENSEN

### Attorney

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LINCOLN (402) 437-8505

#### SERVICES

Labor & Employment

#### EDUCATION

Creighton University, B.A.  
(magna cum laude)  
Creighton University  
School of Law, J.D.

#### BAR ADMISSIONS

Nebraska  
U.S. District Court of  
Nebraska

Sarah Carstensen joined Woods Aitken in 2023 and is a member of the firm's labor and employment law practice group. Sarah represents public entities and private sector businesses on the full range of labor and employment law matters, including wage/hour regulations, Americans with Disabilities Act issues, Family and Medical Leave Act issues, employment contracts, employment discrimination, and union/management issues. In addition, she counsels clients on day-to-day personnel issues and provides training on a broad range of human resources topics.

Prior to joining the firm, Sarah served the people of Hall County, Nebraska, for 18 years, most recently as Deputy County Attorney-Civil Division Lead. In this role, she handled County Board matters, personnel matters, tax equalization and review cases, inheritance tax matters, and assisted with union negotiations. During her legal career at Hall County, Sarah also served as Chief Deputy-Criminal Prosecution Division, where she prosecuted all types of criminal cases from minor misdemeanors to murder, negotiated plea agreements, and completed jury trials. She also served as attorney liaison for Veterans Treatment Court and Re-Entry Court.

Sarah received her J.D. from Creighton University School of Law, with an emphasis on Criminal Justice and Dispute Resolution. During law school, she received a CALI Excellence for the Future Award in Dispute Resolution. Sarah earned her B.A., magna cum laude, from Creighton University, where she majored in Political Science and Sociology.

#### AFFILIATIONS

American Bar Association, Labor and Employment Law Section & State and Local Governments Section  
Nebraska State Bar Association  
Nebraska State Bar Association Leadership Academy, Fellow, 2024-2025  
Society for Human Resource Management (SHRM)