



→ Sophia L. Cahill

Associate

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Sophia Cahill is an associate in the Business Trial Practice Group in the firm's New York office. She is also a member of the Construction team.

Areas of Practice

Sophia has extensive experience in commercial litigation, with a concentration in construction-related claims in both the state and federal courts of New York and New Jersey. She advises owners, developers, construction managers, general contractors, subcontractors, and sureties during all phases of the development and construction process. Sophia regularly handles business disputes and matters involving breach of contract, delay damage, mechanic's lien, and construction defect claims.

Sophia's general litigation practice includes representing clients in the real estate industry and financial services industry, in cases involving commercial foreclosure disputes, contractual disputes, fraud, and other, commercial disputes. Sophia also represents healthcare organizations in connection with complex commercial disputes and regulatory requirements.

Sophia also maintains an active pro bono practice. In 2023, Sophia was honored with the firm's sixth annual Bob Williams Award, which recognizes Sheppard Mullin attorneys and staff who provide exceptional service for the betterment of the firm and the community.

While in law school, Sophia was the recipient of the 2014 National Association of Women's Lawyer Award and served as a judicial intern to the Honorable David E. Peebles in the Northern District of New York.

Sophia helped establish and co-leads Sheppard Mullin's Women in Construction Law Group and serves as a co-chair of Sheppard Mullin's New York Women Lawyers Group. Sophia is also the Lead Associate for the firm's Construction Industry Team and serves on the Recruitment Committee for the New York Office.

Honors

Ones to Watch, Administrative / Regulatory Law and Construction Law, *Best Lawyers*, 2021-2026

Leading Lawyer, Construction, *Chambers USA*, 2025

Associates to Watch, Construction, *Chambers USA*, 2024

Recommended Lawyer, Construction, *Legal 500*, 2022

Sheppard Mullin's Bob Williams Award Recipient, 2023

Articles

- The Pros and Cons of Generative AI in Connection with Litigation
New York Law Journal, 11.13.2024
- Women in Big Law: Progress, Challenges and the Road Ahead
New York Law Journal, 03.08.2024

New York Commercial Division Round-Up Blog

- "Commercial Division to Adopt New Rule Requiring Interlineation of Responsive Pleadings," September 8, 2022
- "Albany Commercial Division Looks Beyond "First-In-Time" Analysis When Considering Dismissal Pursuant to CPLR § 3211(a)(4)," April 14, 2021

Speaking Engagements

"Breaking Barriers & Beyond: Charting New Frontiers for Women in Leadership," June 6, 2024

Events

Composition of Arbitration Panels: Selecting Panelist and Becoming an Arbitrator
07.22.2025

Practices

Construction
Distressed Real Estate Loan Workouts and Enforcement
Litigation

Industries

Construction

Education

J.D., Syracuse University, 2014, *magna cum laude*
B.A., George Washington University, 2009, *cum laude*

Clerkships

Law clerk for the Honorable Peter A. Bogaard, J.S.C. of the Superior Court of New Jersey, Morris County from 2014-2015.

Admissions

New York

New Jersey