



Adam L. Cockerill

Shareholder
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Adam Cockerill helps employers navigate the complex maze of rules and regulations applied by ERISA and other regulatory acts on employee benefit programs. He prides himself in arming employers with the compliance tools necessary to attain the ultimate goal of employee satisfaction through participation in employee benefit programs.

Adam's practice focuses on assisting employers with establishing, administering, merging, and terminating qualified retirement plans, such as 401(k) plans, defined benefit pension plans, 403(b) plans, and employee stock ownership plans (ESOP), as well as nonqualified deferred compensation arrangements under Code Section 409A, health plans, cafeteria plans, severance plans, separation agreements, health savings accounts, flexible spending accounts, transportation, and other fringe benefit plans. His retirement plan experience includes both defined contribution and defined benefit plans.

Adam reviews plan documents for compliance with ERISA and applicable laws and drafts plan documents, summary plan descriptions, participant communications, and plan policies and procedures. He assists employers and service providers with establishing appropriate procedures for implementing the mandated requirements under the Patient Protection and Affordable Care Act. He assists employers and employees with the tax income aspects of retirement, welfare, and deferred

SERVICES

Employee Benefits and ERISA
Employment and Labor
Executive Compensation

EDUCATION

J.D., Creighton University School of Law, 2007 (cum laude)

B.S.B.A., Creighton University, 2004

- Accounting & Finance

ADMISSIONS

State of Nebraska
State of Iowa

Adam L. Cockerill

compensation plan benefits.

He assists clients with employee benefits issues in connection with merger and acquisition transactions. He advises benefits committees and human resource personnel on fiduciary duty and prohibited transaction issues, including advice regarding the propriety of proposed transactions and preparing applications to government agencies to avoid penalties and address compliance lapses. He assists employers ranging from sole proprietorships to large multinational corporations.

Publications

COVID-19 Coronavirus Update
03.11.2020

IRS Issues Anticipated 401(k) Plan Hardship Withdrawal Guidance
12.18.2018

DOL Issues Disability Regulations - Do They Affect Your Plans?
02.28.2018

Speaking Engagements

Recruit, Retain, Reward - Incentivizing Employees for Business Success
Webinar, 05.25.2021

14th Annual Employment Symposium
La Vista Conference Center, 10.01.2019

Regulatory Updates in the Employee Benefits World - What's New?
Webinar, 08.27.2019

Time For A Refresher On 401(k) Plan Fiduciary Responsibilities?
Webinar, 02.26.2019

Benefits Webinar: Looking Ahead to 2019
Webinar, 11.26.2018

Providing Peace of Mind to Your Retirement Plan
Champions Run, 09.11.2018

Quarterly Benefits Webinar: Are You a Small Employer Struggling with Health Insurance Options?
Webinar, 08.28.2018

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Quarterly Benefits Webinar: Cybersecurity and Employee Benefit Plans: How do they Mix?
05.08.2018

Quarterly Benefits Webinar: Common Pitfalls in Retirement Plan Administration
02.13.2018

Impact of Tax Reform on Business Planning
Webinar, 01.09.2018

How to Survive a DOL Audit & Common Health Plan Mistakes
07.11.2017

Compliance Nuts & Bolts
04.11.2017

Election Implications for Employee Benefit Plans
01.10.2017

Regulatory Compliance Update
10.04.2016

New Regulations: What Plan Sponsors Need to Know
07.12.2016

Hot Topics in Benefits Litigation
04.12.2016

Honors & Awards

Super Lawyers Rising Star, 2015-2017

Community & Professional

President of the Pension Council of the Midlands
ERISA Study Group
TeamMates Mentoring Program Mentor
The First Tee of Omaha Board Member
Nebraska State Bar Association
Iowa Bar Association