

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, DC 20549

FORM 8-K

CURRENT REPORT

PURSUANT TO SECTION 13 OR 15(d) OF THE
SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported): November 12, 2025

VERIS RESIDENTIAL, INC.

(Exact Name of Registrant as Specified in Charter)

Maryland
(State or Other Jurisdiction
of Incorporation)

1-13274
(Commission File Number)

22-3305147
(IRS Employer
Identification No.)

Harborside 3, 210 Hudson St., Ste. 400
Jersey City, New Jersey 07311
(Address of Principal Executive Offices) (Zip Code)

(732) 590-1010
(Registrant's telephone number, including area code)

VERIS RESIDENTIAL, L.P.

(Exact Name of Registrant as Specified in Charter)

Delaware
(State or Other Jurisdiction
of Incorporation)

333-57103
(Commission File Number)

22-3315804
(IRS Employer
Identification No.)

Harborside 3, 210 Hudson St., Ste. 400
Jersey City, New Jersey 07311
(Address of Principal Executive Offices) (Zip Code)

(732) 590-1010
(Registrant's telephone number, including area code)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Securities Registered Pursuant to Section 12(b) of the Act:

Title of each class	Trading Symbol(s)	Name of each exchange on which registered
Common Stock, par value \$0.01	VRE	New York Stock Exchange

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter). Emerging growth company "

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. "

Item 7.01 Regulation FD Disclosure

On November 12, 2025, Veris Residential, Inc., a Maryland corporation (the “General Partner”) and the general partner of Veris Residential, L.P. (the “Company,” and together with the General Partner, the “Registrants”), published a corporate presentation to the Company’s website. A copy of the General Partner’s corporate presentation is furnished herewith as Exhibit 99.1.

Limitation of Incorporation by Reference

In accordance with General Instruction B.2. of Form 8-K, this information, including Exhibit 99.1 furnished herewith, is furnished pursuant to Item 7.01 and shall not be deemed to be “filed” for the purpose of Section 18 of the Securities Exchange Act of 1934, as amended (the “Exchange Act”), or otherwise subject to the liabilities of that section, nor shall it be incorporated by reference into a filing under the Securities Act of 1933, as amended (the “Securities Act”), or the Exchange Act. The information in this Item 7.01 of this Current Report on Form 8-K (including the exhibit hereto) will not be deemed an admission as to the materiality of any information required to be disclosed solely to satisfy the requirements of Regulation FD.

Cautionary Statements

This Current Report on Form 8-K, including the exhibits furnished herewith, contains “forward-looking statements” within the meaning of Section 21E of the Exchange Act. Such forward-looking statements relate to, without limitation, our future economic performance, plans and objectives for future operations and projections of revenue and other financial items. Forward-looking statements can be identified by the use of words such as “may,” “will,” “plan,” “potential,” “project,” “should,” “expect,” “anticipate,” “estimate,” “target,” “continue” or comparable terminology. Forward-looking statements are inherently subject to certain risks, trends and uncertainties, many of which we cannot predict with accuracy and some of which we might not even anticipate. Although we believe that the expectations reflected in such forward-looking statements are based upon reasonable assumptions at the time made, we can give no assurance that such expectations will be achieved. Future events and actual results, financial and otherwise, may differ materially from the results discussed in the forward-looking statements as a result of various factors, including those listed in Exhibit 99.1 on page 2 and incorporated by reference herein. Readers are cautioned not to place undue reliance on these forward-looking statements. Unless required by U.S. federal securities laws, we do not intend to update any of the forward-looking statements to reflect circumstances or events that occur after the statements are made or to conform the statements to actual results. The information contained in this Current Report on Form 8-K, including the exhibit filed herewith, should be viewed in conjunction with the consolidated financial statements and notes thereto appearing in the Registrants’ Annual Reports on Form 10-K and Quarterly Reports on Form 10-Q.

In connection with the foregoing, the Registrants hereby furnish the following documents:

Item 9.01 **Financial Statements and Exhibits**

(d) Exhibits

Exhibit Number	Exhibit Title
<u>99.1</u>	<u>Corporate Presentation.</u>
104.1	The cover page from this Current Report on Form 8-K, formatted in Inline XBRL.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, as amended, each registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

VERIS RESIDENTIAL, INC.

Dated: November 12, 2025

By: /s/ Taryn Fielder
Taryn Fielder
Executive Vice President, General Counsel and Corporate Secretary

VERIS RESIDENTIAL, L.P.

By: Veris Residential, Inc.
its general partner

Dated: November 12, 2025

By: /s/ Taryn Fielder
Taryn Fielder
Executive Vice President, General Counsel and Corporate Secretary



Forward-Looking Statements

THIS OPERATING AND FINANCIAL DATA SHOULD BE READ IN CONNECTION WITH OUR QUARTERLY REPORT ON FORM 10-Q FOR THE QUARTER ENDED SEPTEMBER 30, 2025.

Statements made in this presentation may be forward-looking statements within the meaning of Section 21E of the Securities Exchange Act of 1934, as amended. Such forward-looking statements are intended to be covered by the safe harbor provisions for forward-looking statements contained in Section 21E of such act. Such forward-looking statements relate to, without limitation, our future economic performance, plans and objectives for future operations and projections of revenue and other financial items. Forward-looking statements can be identified by the use of words such as "may," "will," "plan," "potential," "projected," "should," "expect," "anticipate," "estimate," "target," "continue" or comparable terminology. Forward-looking statements are inherently subject to certain risks, trends and uncertainties, many of which we cannot predict with accuracy and some of which we might not even anticipate. Although we believe that the expectations reflected in such forward-looking statements are based upon reasonable assumptions at the time made, we can give no assurance that such expectations will be achieved. Future events and actual results, financial and otherwise, may differ materially from the results discussed in the forward-looking statements. Readers are cautioned not to place undue reliance on these forward-looking statements and are advised to consider the factors listed above together with the additional factors under the heading "Disclosure Regarding Forward-Looking Statements" and "Risk Factors" in our annual reports on Form 10-K, as may be supplemented or amended by our quarterly reports on Form 10-Q, which are incorporated herein by reference. We assume no obligation to update or supplement forward-looking statements that become untrue because of subsequent events, new information or otherwise.



Veris At-A-Glance

AS OF SEPTEMBER 30, 2025

17

RESIDENTIAL BUILDINGS

6,581

APARTMENT UNITS

10 Years

AVERAGE AGE OF
PROPERTY

94.7%

OCCUPANCY RATE¹

1.6%

2025 NOI GROWTH
YTD YOY

3.9%

Q3 BLENDED NET
RENTAL GROWTH RATE

\$481,057

AVERAGE HOUSEHOLD
INCOME PER UNIT

10.1%

AVERAGE RENT-TO-INCOME
RATIO

1. 95.6% excluding Liberty Towers.



2025 Financial & Operating Performance

RAPID DELEVERAGING PROGRESS AND ROBUST OPERATING PERFORMANCE

- Year-over-year Same Store Blended Net Rental Growth Rate of 3.9% for the quarter and 3.5% YTD.
- \$467M of non-strategic asset sales to date, with an additional \$75M under contract for Harborside 8/9.
- Raised upper end of target sales range from \$500M to \$650M.
- Raised 2025 Core FFO per share guidance range to \$0.67-\$0.68, reflecting \$4M from real estate tax appeals related to formerly owned office properties.
- Reduced Net Debt-to-EBITDA (Normalized) by 15% YTD to 9.0x upon the sale of Harborside 8/9 and to around 8.0x or potentially lower by year-end 2026.

	Q3	YTD
Core FFO per Diluted Share	\$0.20	\$0.52
Same Store Revenue Growth	2.2%	2.2%
Same Store Expense Growth	13.3%	3.4%
Same Store NOI Growth	(2.7)%	1.6%
Blended Net Rental Growth Rate ¹	3.9%	3.5%
Operating Margin	66.0%	67.2%

1. Excludes Soble. Blended lease tradeouts exclude properties not managed by Veris for all periods shown.





2025 Guidance

	CURRENT GUIDANCE (Q3)		PREVIOUS GUIDANCE	
2025 Guidance Ranges	Low	High	Low	High
Same Store Revenue Growth	2.2%	2.7%	2.2%	2.7%
Same Store Expense Growth	2.4%	2.8%	2.4%	2.8%
Same Store NOI Growth	2.0%	2.8%	2.0%	2.8%
Core FFO per Share	\$0.67	\$0.68	\$0.63	\$0.64
Core FFO per Share Growth	11.7%	13.3%	5.0%	6.7%

Note: Please refer to this Corporate Presentation and our supplementary filings for the quarter ended September 30, 2025, for additional details about NOI, Core FFO and the 2025 guidance.

Significant Progress in Non-Strategic Asset Dispositions

INCREASING HIGH-END OF SALES TARGET TO \$650M FROM \$500M

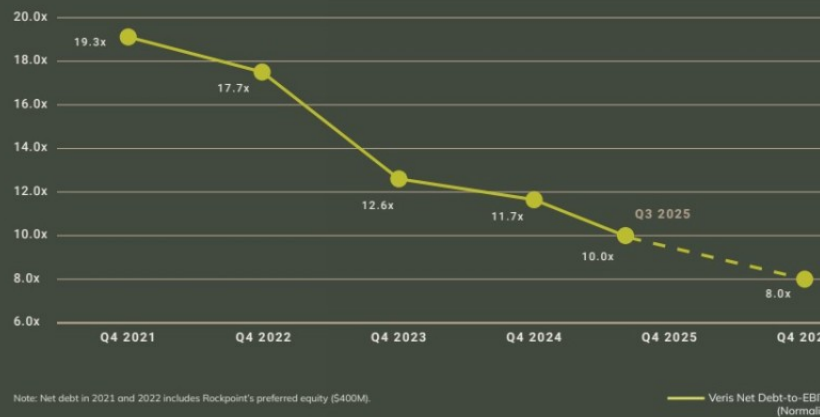
With \$542M of non-strategic assets sold or under contract this year, we have exceeded the high-end of our target for non-strategic asset dispositions.



Significantly strengthened balance sheet, reducing Net Debt-to-EBITDA (Normalized) by 15% YTD to 10.0x— And anticipate a reduction to approximately 9.0x following the sale of Harborside 8/9 and around 8.0x upon achievement of our \$650 million sales target by year-end 2026.

Leverage Reduced by ~48%, or Approx. 9x, During the Past 4 Years

VERIS NET DEBT-TO-EBITDA (NORMALIZED)



Our ~\$110 Million Land Bank

\$75 MILLION OF WHICH IS UNDER CONTRACT



Land Bank Potential

AS OF SEPTEMBER 30, 2025

2,174 Units

FOR POTENTIAL DEVELOPMENT AT SHARE

1,277 Units

NJ WATERFRONT

737 Units

MASSACHUSETTS

160 Units

OTHER

The Company has an additional 34,375 sq. ft. of developable retail space within its land bank that is not represented above.

Q3 2025 Components of Net Asset Value

AS OF SEPTEMBER 30, 2025

\$ in thousands

REAL ESTATE PORTFOLIO	Total	At Share
Operating Multifamily NOI ¹		
New Jersey Waterfront	\$168,828	\$147,807
Massachusetts	20,264	20,264
Other	15,324	9,587
Total Multifamily NOI²	\$204,416	\$177,658
Commercial NOI ³	4,240	3,346
Total NOI	\$208,656	\$181,004

NON-STRATEGIC ASSETS	
Estimated Value of Land Under Contract	\$75,000
Estimated Value of Remaining Land	35,395
Total Non-Strategic Assets⁴	\$110,395

OTHER ASSETS	Total
Cash and Cash Equivalents	\$8,778
Restricted Cash	17,042
Other Assets	50,818
Subtotal Other Assets	\$76,638

LIABILITIES & OTHER CONSIDERATIONS	
Operating - Consolidated Debt at Share	\$1,338,821
Operating - Unconsolidated Debt at Share	128,852
Other Liabilities	77,095
Revolving Credit Facility	31,000
Preferred Units	9,294
Subtotal Liabilities & Other Considerations	\$1,585,062

OUTSTANDING SHARES ⁵	
Diluted Weighted Average Shares	
Outstanding for Q3 2025 (in 000s)	102,493

1. See Multifamily Operating Portfolio page in the Supplemental for more details. The Real Estate Portfolio table reflects the quarterly NOI annualized, including management fees.
2. Signature Place, 145 Front Street, The James and Quarry Place sold in the third quarter. They contributed \$43K, \$398K, \$571K, and \$753K of NOI, respectively, for the quarter and are excluded from this subtotal. Normalized Real Estate Taxes are \$8.8 million quarterly, \$400 thousand lower than what was reported in the third quarter.
3. See Commercial Assets and Developable Land page in the Supplemental for more details.
4. The land values represent VRE's share of value. For more details see Commercial Assets and Developable Land page in the Supplemental.
5. Outstanding shares for the quarter ended September 30, 2025, is comprised of the following (in 000s): 93,476 weighted average common shares outstanding, 8,611 weighted average Operating Partnership common and vested LTP units outstanding, and 406 shares representing the dilutive effect of stock-based compensation awards.

See Definitions in the back of the presentation.

Multifamily Peer Benchmarking

OPERATIONAL METRICS, Q3 2025

							
Number of Properties	17	286	174	254	312	293	186
Number of Units ¹	6,581	78,103	56,156	49,203	75,950	96,568	54,915
Same Store NOI Growth YOY	1.6%	2.1%	0.4%	3.0%	2.0%	(1.7%)	2.5%
NOI Margin (Quarterly)	66.0%	67.3%	63.5%	69.3%	67.7%	61.8%	68.2%
Blended Net Rental Growth Rate	3.9%	0.3%	0.6%	2.3%	2.2%	0.3%	0.8%
Same Store Average Monthly Rent per Home	\$4,255	\$3,087	\$2,008	\$2,718	\$3,141	\$1,693	\$2,649
Average Asset Age ¹	10	17	14	29	23	20	23
Capex Reserve per Home ¹	\$2,450	\$2,300	\$3,000	\$3,400	\$2,900	\$2,600	\$3,100
ORA Ranking ²	83.83	77.62	78.20	60.12	72.90	78.61	56.42

1. Information based on Green Street as of November 3, 2025.
2. ORA® Rankings as published by J Turner as of October 2025.



Property Directory

BLVD 401
401 Washington Blvd.
Jersey City, NJ 07310

BLVD 425
425 Washington Blvd.
Jersey City, NJ 07310

BLVD 475
475 Washington Blvd.
Jersey City, NJ 07310

**THE CAPSTONE
AT PORT IMPERIAL**
17 Avenue at Port Imperial
West New York, NJ 07093

**THE EMERY
AT OVERLOOK RIDGE**
21 Quarry Lane
Malden, MA 02148

HAUS25
25 Christopher-Columbus Drive
Jersey City, NJ 07302

LIBERTY TOWERS
33 Hudson Street
Jersey City, NJ 07302

**PORTSIDE I
AT EAST PIER**
40 East Pier Drive
East Boston, MA 02128

**PORTSIDE II
AT EAST PIER**
40 East Pier Drive
East Boston, MA 02128

**RIVERHOUSE 9
AT PORT IMPERIAL**
900 Avenue at Port Imperial
Weehawken, NJ 07086

**RIVERHOUSE 11
AT PORT IMPERIAL**
1100 Avenue at Port Imperial
Weehawken, NJ 07086

**RIVERPARK
AT HARRISON**
201 Dey Street
Harrison, NJ 07029

**RIVERTRACE
AT PORT IMPERIAL**
11 Avenue at Port Imperial
West New York, NJ 07093

SABLE
200 Greene Street
Jersey City, NJ 07310

SOHO LOFTS
273 16th Street
Jersey City, NJ 07310

STATION HOUSE
701 2nd Street NE
Washington, DC 20002

**THE UPTON
AT SHORT HILLS**
1 Fineran Way
Short Hills, NJ 07078

Definitions

AVERAGE EFFECTIVE MONTHLY RENT PER HOME represents the average effective rent (net of concessions) for in-place leases and the market rent for vacant homes.

BLENDED NET RENTAL GROWTH RATE combines new lease and renewal lease growth rates. New lease growth rate refers to the difference in rent a new occupant of a unit is paying compared to the rent the unit's previous occupant was paying on a net effective basis. Renewal lease growth rate refers to the increase or decrease in monthly rent in a renewed lease compared to the previous lease on a net effective basis.

CORE FFO AND ADJUSTED FFO ("AFFO") Core FFO is defined as FFO, as adjusted for certain items to facilitate comparative measurement of the Company's performance over time. Core FFO is presented solely as supplemental disclosure that the Company's management believes provides useful information to investors and analysts of its results, after adjusting for certain items to facilitate comparability of its performance from period to period. Core FFO is a non-GAAP financial measure that is not intended to represent cash flow and is not indicative of cash flows provided by operating activities as determined in accordance with GAAP. As there is not a generally accepted definition established for Core FFO, the Company's Core FFO may not be comparable to the Core FFO reported by other REITs. A reconciliation of net income per share to Core FFO and Adjusted FFO in dollars and per share are included in the financial tables accompanying our quarterly and annual filings.

NET DEBT-TO-EBITDA (NORMALIZED) Adjusted Earnings Before Interest, Tax, Depreciation and Amortization (Normalized) (Adjusted EBITDA (Normalized));

The Company defines Adjusted EBITDA (Normalized) as Adjusted EBITDA, adjusted to reflect the effects of non-recurring property transactions. In the case of acquisition properties, Adjusted EBITDA (Normalized) would be calculated based on Adjusted EBITDA plus the Company's income (loss) for its ownership period annualized and included on a trailing twelve month basis. In the case of disposition properties, Adjusted EBITDA (Normalized) would be calculated based on Adjusted EBITDA minus the disposition property's actual income (loss) on a trailing twelve-month basis. In the case of joint venture transaction properties whereby the Company acquires a controlling interest and subsequently consolidates the acquired asset, Adjusted EBITDA (Normalized) would be calculated based on Adjusted EBITDA plus the actual income (loss) on a trailing twelve-month basis in proportion to the Company's economic interests in the joint venture as of the reporting date, minus recurring joint venture distributions (the Company's practice for EBITDA recognition for joint ventures). The Company presents Adjusted EBITDA (Normalized) because the Company believes that Adjusted EBITDA (Normalized) provides a more appropriate denominator for its calculation of the Net Debt-to-EBITDA ratio, as it reflects the leverage profile of the Company as of the reporting date. Adjusted EBITDA (Normalized) should not be considered as an alternative to net income (determined in accordance with GAAP), as an indication of the Company's financial performance, as an alternative to net cash flows from operating activities (determined in accordance with GAAP) or as a measure of the Company's liquidity.

NET OPERATING INCOME (NOI) represents total revenues less total operating expenses, as reconciled to net income above. The Company considers NOI to be a meaningful non-GAAP financial measure for making decisions and assessing unlevered performance of its property types and markets as it relates to total return on assets, as opposed to levered return on equity. As properties are considered for sale and acquisition based on NOI estimates and projections, the Company utilizes this measure to make investment decisions, as well as compare the performance of its assets to those of its peers. NOI should not be considered a substitute for net income, and the Company's use of NOI may not be comparable to similarly titled measures used by other companies. The Company calculates NOI before any allocations to non-controlling interests, as those interests do not affect the overall performance of the individual assets being measured and assessed.

ORA™ score is an aggregate compilation of a property's ratings across various review sites. Each month, J Turner Research monitors the online ratings of properties nationwide. Using a statistical model, a single score based on a scale of 0 to 100 is assigned to each property.

SAME STORE includes properties that were owned for the entirety of the years being compared and exclude properties under redevelopment or development and properties acquired, sold or classified as held for sale during the years being compared.



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Thank You

