
Laura R. Seegal

Associate
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Laura Seegal represents individuals, public entities, and companies of all sizes through all phases of litigation in both state and federal courts. Laura has experience in a wide variety of civil litigation matters, including commercial contract disputes, government tort claims, employment disputes, and appeals, as well as white-collar and regulatory matters. She enjoys building close relationships with clients and prioritizes client service and communication.

Prior to joining Coblentz, Laura was a litigation associate at Kerr & Wagstaffe LLP in San Francisco.

Laura earned her J.D., magna cum laude, from the University of California, Hastings College of the Law, where she was a member of the Thurston Honors Society and an editor of the constitutional law journal. While in law school, Laura externed for the Honorable Maria-Elena James and the Honorable Edward M. Chen of the United States District Court, Northern District of California, and worked at the American Civil Liberties Union. Laura earned her B.A. in English at Reed College.

Honors & Awards

Laura was named as a 2023 Best Lawyers “Ones to Watch” for Litigation – Labor and Employment.

Professional Activities

Laura is a member of the San Francisco Trial Lawyers Association. In 2018, she was an inaugural member of the Associate Board of 826 Valencia, a nonprofit organization dedicated to developing the writing skills of under-resourced students.

Publications & Speaking Engagements

- Co-Author, “[Another Warning Shot on Employee Nonsolicit Agreements](#)” (February 2019)

Education

J.D., magna cum laude University of California, Hastings College of the Law (2015)

B.A., Reed College (2011)