

Laura R. Seegal

Partner

San Francisco

Details

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Laura Seegal represents individuals, public entities, and companies of all sizes in pre-litigation disputes and through all phases of litigation in state and federal court. Laura has experience in a wide variety of civil matters, including representing defendants in high-stakes business litigation and consumer class actions involving breach of contract and unfair competition. In her employment practice, Laura represents clients in high-profile wrongful termination and discrimination cases. Laura also has deep experience representing public utilities in rate proceedings and appeals from California Public Utilities Commission decisions. 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 College of Law, San Francisco (Hastings), where she was a member of the Thurston Honors Society and an editor of the *Constitutional Law Quarterly*. 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, 2024, and 2025 *Best Lawyers: Ones to Watch® in America* for Litigation – Labor and Employment.

Professional Activities

Laura is a member of Equal Rights Advocates' Champions Council, a group of legal and business leaders supporting ERA's work on pressing gender equity issues. 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. Laura is also a member of the San Francisco Trial Lawyers Association.

Publications & Speaking Engagements

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

Education

- J.D., magna cum laude University of California College of Law, San Francisco (2015)
- B.A., Reed College (2011)