



## Attorney Bio

Lauren L. Mitchell is a principal attorney in the complex litigation/dispute resolution group. Lauren focuses her practice on the efficient and effective resolution of employment disputes. She defends employers against discrimination, harassment, and retaliation claims in EEOC investigations through civil litigation and provides legal counsel in defending against Title VII, ADEA, FLSA, and TCHRA claims and employment-related tort claims. Lauren frequently prosecutes claims for breach of covenants not to compete and she represents clients regarding confidentiality and non-solicitation agreements.

Lauren has experience preparing and defending witnesses for depositions, drafting legal motions, discovery requests and responses, and other substantive pleadings. She also provides advice and counsel to assist clients in minimizing the risk of litigation.

Lauren received her J.D. from the Southern Methodist University Dedman School of Law. While in law school, she was selected as an articles editor for the International Law Review Association and she worked as a student attorney in the Southern Methodist University Civil Clinic where she represented clients in consumer law matters. Lauren earned a B.A. in Crime and Justice Studies, graduating cum laude from the University of Texas at Dallas.

## Practice Areas

Commercial Litigation  
Employment Litigation  
Employment and Labor

## CONTACT

Lauren L. Mitchell  
972-628-3681

## Education

Southern Methodist University  
Dedman School of Law  
Dallas, Texas 2010  
Juris Doctor  
Honors: cum laude  
  
The University of Texas at Dallas  
Richardson, Texas 2005  
B.A. Crime and Justice Studies  
Honors: cum laude

## Bar Admissions

Texas, 2010

U.S. District Court, Eastern District of Texas

U.S. District Court, Northern District of Texas

## Professional Associations & Memberships

State Bar of Texas

Dallas Bar Association

Dallas Volunteer Attorney Program

## **Honors and Awards**

Dallas Association of Young Lawyers  
Foundation, Fellow

Texas Rising Stars, Thomson Reuters  
2018-2020