



Lauren L. Mitchell

**Partner
Employment & Labor -
Chicago**

Dallas

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At a Glance

Established Complex Litigation Lawyer

Lauren is known for her outstanding results in employment resolution disputes.

Accomplished Writer

Lauren was one of a few law students in the country selected to be an article editor for the International Law Review Association.

Trusted Advocate for Employers

Lauren specializes in defending employers against various legal liabilities such as discrimination, harassment, and retaliation.

Lauren L. Mitchell is a partner 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.

Focus Areas

Arbitration

Employment Litigation

Employment Counseling & Preventive Services

Health Care

Employment Policies & Handbooks

Internal Investigations

Education

Southern Methodist University Dedman School of Law, JD, 2010

University of Texas at Dallas, BA, 2005

Crime and Justice Studies

Associations & Memberships

- State Bar of Texas
- Dallas Bar Association
- Dallas Volunteer Attorney Program

Honors & Awards

- Best Lawyers in America
2024
- Dallas Association of Young Lawyers Foundation, Fellow
- Texas Rising Stars, Thomson Reuters
2018-2022

Bar Admissions

Texas, 2010

U.S. District Court for the Northern District of Texas

U.S. District Court for the Southern District of Texas

U.S. District Court for the Eastern District of Texas