



→ Lauren J. Blaes

Associate

650 Town Center Drive
Tenth Floor
Costa Mesa, CA 92626

T: +1.714.424.2850
F: +1.714.428.5958
lblaes@sheppardmullin.com

Lauren Blaes is an associate in the Labor and Employment Practice Group in the firm's Orange County office.

Areas of Practice

Lauren represents employers in a broad range of employment disputes including wage and hour class actions, Private Attorney General Act (PAGA) actions, and individual discrimination, retaliation, harassment, and wrongful termination disputes. Lauren has experience defending employers in state and federal courts, as well as in arbitrations and administrative hearings.

Lauren also provides advice and counseling on labor and employment practices, including employer policies and procedures, employee classification, including exempt classification and independent contractor classification, and employment law compliance.

Honors

Sheppard Mullin's Bob Williams Community Betterment Award, 2021

Articles

Labor and Employment Law Blog Posts

- "Two Executive Orders Signed on International Women's Day Promoting Gender Equity and Equality," March 10, 2021
- "A Roadmap to Resilience: Debriefing California's Reopening Plan," May 19, 2020
- "A Heads Up On The CROWN Act: Employees' Natural Hairstyles Now Protected," August 21, 2019

Memberships

Co-Chair of Young Lawyer Division, Orange County Association of Business Trial Lawyers

Member, Orange County Bar Association, Labor and Employment Section

Practices

Labor and Employment
Labor and Employment Counseling
Labor and Employment Litigation
Discrimination, Harassment, and Retaliation
Employee Hiring/Discipline/Termination
Wage and Hour Class Actions
Wage and Hour Regulations
Wrongful Termination

Education

J.D., University of California, Los Angeles, 2018, Managing Editor, *UCLA Law Review*
B.A., University of California, Santa Barbara, 2015, *with highest honors*

Clerkships

Judicial Extern for the Honorable James V. Selna in the U.S. District Court for the Central District of California

Admissions

California
U.S. District Court for the Central District of California