



PARTNER

Laura J. Fowler

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📍 Sacramento



Laura J. Fowler is a partner in the Labor & Employment Law practice group of Best Best & Krieger LLP. Laura represents employers in a variety of court and administrative proceedings.

She defends both public and private employers in lawsuits for wrongful termination, breach of contract, unpaid wages, harassment, failure to accommodate, retaliation and discrimination. Laura represents public and private employers in administrative proceedings filed with the Equal Employment Opportunity Commission, the Department of Fair Employment and Housing, the Labor Commissioner and the Workers' Compensation Appeals Board. She also drafts employee handbooks, policies, employment agreements and severance agreements. Laura provides employers with day-to-day advice regarding wage and hour issues, leaves of absence, disability accommodations, and decisions regarding discipline and termination.

Prior to joining the firm, she was an attorney with McDonough Holland & Allen in Sacramento. Laura presents seminars on a number of employment-related issues and acted as a guest lecturer at her alma mater, McGeorge School of Law. She graduated from law school as valedictorian and was selected by the law school faculty as the outstanding graduating senior for her graduating class. She served as writer and editor for the *Pacific Law Journal*. After law school, she served as law clerk for the Honorable Milton L. Schwartz of the U.S. District Court for the Eastern District of California. She is admitted to all the districts of the U.S. District Court in California and the U.S. Ninth Circuit Court of Appeals.

Accolades

- The Best Lawyers in America®, Employment Law - Management, Litigation - Labor and Employment, 2024-2026

Professional & Community Involvement

- American Bar Association
- Sacramento Area Human Resources Association

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CORE PRACTICES

Business
Labor & Employment
Labor & Employment Litigation
Municipal Law
Public Agency Labor & Employment
Special Districts

EDUCATION & ADMISSIONS

Education

University of the Pacific, McGeorge School of Law, J.D., with great distinction

California State University, Sacramento, B.A.

Bar Admissions

California

- Sacramento Advisory Council
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Thought Leadership

Publications

- "COVID-19 Emergency Prevention Measures," *PublicCEO*, Jan. 28, 2021
- "New Rules: COVID-19 Dominates California's Latest Workplace Regulations," *The Press-Enterprise*, Jan. 26, 2021
- "The List: Law Firms," *Sacramento Business Journal*, Jan. 27, 2015
- "New Laws Affecting Businesses in California," *BB&K Legal Alert*, Nov. 26, 2013
- "New Laws Affecting Public Agencies in California," *BB&K Legal Alert*, Nov. 25, 2013
- "Two New California Laws Will Affect Hiring and Fair Employment Practices," *BB&K Legal Alert*, Oct. 24, 2013
- "Private Employers Must Only Provide For Breaks, Not Ensure Them," *BB&K Legal Alert*, April 12, 2012

Presentations

- "Anti-Harassment Training (AB 1825/SB 1343 Compliant)," Golden State Risk Management Authority Annual Conference, Oct. 21, 2026
- "Sexual Harassment Prevention Training for Supervisors," California Special Districts Association Webinar, Feb. 4, 2026
- "Harassment Prevention Training," Public Cemetery Alliance Annual Conference, July 31, 2025
- "AB 1825 Harassment Prevention," Golden State Risk Management Authority & BBK Training Day, Apr. 30, 2025
- "BBK Annual Labor & Employment Update 2018," BB&K Seminar, Jan. 18, 2018
- "Labor & Employment Update," BBK Seminar, Jan. 11, 2017
- "2016 Labor & Employment Update," BBK Seminar, Jan. 7, 2016
- "Best Best & Krieger LLP's Annual Labor & Employment Law Update 2012," BBK Seminar, Feb. 2, 2012