



Demetra Geges Johal

Partner

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Demetra Geges Johal is a Partner in our Los Angeles office. She joined LFLM in 1988, and became a Partner in 1993. She currently represents the interests of insurance companies, TPA's, self-insured entities, public agencies and employers relative to state workers' compensation, §132a and Serious and Willful claims.

As a native of Los Angeles growing up in Manhattan Beach, she attended UCLA where she served as the Business Manager of The Daily Bruin. Thereafter, Ms. Johal moved to Northern California in 1982 to attend UC Hastings College of Law in San Francisco.

After working in the LFLM Sacramento office for over 20 years, Ms. Johal moved back to the Los Angeles area in 2013 to serve as Managing Partner in LFLM's Los Angeles office until 2023.

Professional or Trade Affiliations

- The State Bar of California, Workers' Compensation Section
- LA County Bar Association, Workers' Compensations Section
- San Fernando County Bar, Workers' Compensation Section
- Bench & Bar Associations for both Sacramento and San Joaquin Counties
- Board Member of the Sacramento County Bar Association, Workers' Compensation Section from 2005 to 2006 and as Section President from 2006 to 2007
- National Association of Women Lawyers
- Women Lawyers Association of Los Angeles

Honors & Awards

- Martindale-Hubbell AV Preeminent Attorney Rating

Personal

- Ms. Johal has a son who is a Principal Investments Analyst for a financial institution, and a son in the United States Navy serving in the Special Operations Division

Practice Areas

- Workers' Compensation Defense
- Labor Code §132a Discrimination
- Labor Code §4553 Serious and Willful Misconduct
- Public Agency Defense
- Educational Entity Defense

Admitted to Practice

- The State Bar of California, 1985

Education

- Hastings College of Law, University of California, Juris Doctor, 1985
- University of California, Los Angeles, Bachelor of Arts, 1982