



Cara

Cara A. Strike
Associate

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Los Angeles - Chicago
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MY SERVICES

Labor & Employment

EDUCATION

University of Iowa College of Law, J.D.

University of Iowa Clinical Legal Student

University of Kansas, B.G.S., *with distinction*

ADMISSIONS

California

Illinois

U.S. District Court Central District California

U.S. District Court Northern District California

I represent employers of all sizes in a wide range of workplace issues and disputes.

overview

Committed to guiding employers through the complexities of employment law, Cara Strike combines legal experience with a proactive approach to ensure companies find solutions to workplace issues that align with their values and business goals.

Cara defends companies in employment-related lawsuits in federal and state court, arbitration, mediation, and before government agencies. Cara helps employers successfully navigate lawsuits with California wage and hour and Private Attorneys General Act ("PAGA") claims, harassment, discrimination, and retaliation claims, and allegations of wrongful termination.

Cara also recognizes the importance of addressing issues before they arise, and regularly counsels employers on day-to-day human resources matters including navigating requests for workplace accommodations, terminations, and by drafting policies and procedures to ensure compliance with local, state, and federal law. Before joining Thompson Coburn, Cara worked for a labor and employment law firm in Los Angeles where she counseled public agency employers through all stages of the civil litigation process, including by drafting several successful summary judgment motions that resulted in case dismissals.

Before moving to Los Angeles, Cara worked as an attorney at a legal aid organization in Chicago where she provided legal services as a part of a holistic program working with communities impacted by gun violence. She also worked at a public university where she helped shape the university's response to incidents of harassment, discrimination, and retaliation.

publications

- [Co-Author, "How PAGA Reform Can Inform Employer Strategies In 2025"](#)
Law360, January 23, 2025
- [Co-Author, "Understanding the New California Indoor Heat Illness Prevention Regulations"](#)
Bender's Labor & Employment Bulletin, October 2024
- [Co-Author, "Employers Must Pay Arbitration Fees on Time or Risk Cancellation of the Arbitration"](#)
Bender's California Labor & Employment Bulletin, May 2024

in my free time

Outside of work, you'll find me walking my dog by the beach, immersed in a good fiction book, or cheering on the Dodgers.