



Angel L. Garrett

Shareholder

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Practice Areas

ERISA and Benefit Plan Litigation
Employee Benefits
Healthcare

Overview

Angel L. Garrett focuses her practice on employee benefits and Employee Retirement Income Security Act of 1974 (ERISA) litigation, representing a broad spectrum of clients, including Fortune 500 companies, small family-owned companies, and nonprofit organizations. She regularly advises employers and fiduciaries on a variety of employee benefits and ERISA matters and handles class action and single-plaintiff cases involving fiduciary issues, investment management and recordkeeping fees, employee stock valuation, actuarial valuations, investment of plan assets, health and welfare issues, and benefit claims. Her extensive experience includes representing plan fiduciaries and employers in litigation involving all types of retirement plans, including 401(k) and 403(b) plans, multiemployer plans, church and governmental plans, employee stock ownership plans (ESOPs), executive compensation plans, and health and welfare plans. Angel manages cases through all phases of litigation in federal and state courts, as well as in front of administrative agencies and arbitrations.

In addition to her litigation practice, Angel provides counsel on compliance issues related to fiduciary responsibility, prohibited transactions, plan government, missing participants, qualified domestic relations orders, and benefit claims. She also regularly represents clients in investigations by the Department of Labor, and helps prepare and implement policies to correct violations and draft and negotiate settlements.

As a thought leader in her field, Angel is a frequent speaker on employee benefit issues, regularly speaking on panels for the ABA Tax Section and at the annual ABA ERISA Basics National Institute.

Professional and Community Affiliations

- Board of Directors, Justice and Diversity Center of the Bar Association of San Francisco

- Board of Directors, Queen's Bench Bar Association of the San Francisco Bay Area
- President-Elect, Asian American Bar Association of the Greater Bay Area
- Fellow, Leadership Advancement Program, National Asian Pacific American Bar Association
- Chair, Tort, Trial, and Insurance Practice Section (TIPS) - Employee Benefits Committee, American Bar Association
- Co-Chair, Tax Section - Employee Benefits Litigation Committee, American Bar Association

Events & Speaking Engagements

Navigating DOL Retirement Plan Audits: Insights and Future Trends

April 23, 2025

ERISA Hot Topics, Part Two: Retirement Plans

49th Annual American Bar Association (ABA) TIPS Midwinter Symposium

February 2025

DOL Investigations of Employee Benefit Plans: Responding to Enforcement Actions, Audits, and Settlements

Strafford

November 2024

Benefit Claims: Part I – Administrative Procedures and Part II – Litigation Overview

American Bar Association's ERISA Basics Conference

October 2023 and November 2024

Pension Litigation

Capitol Forum on Pensions conference, sponsored by the Western Pension and Benefits Counsel

June 2024

ERISA Litigation Update

ABA Tax Conference

May 2024

ERISA Civil Procedure Updates

48th Annual American Bar Association (ABA) TIPS Midwinter Symposium

February 2024

ERISA Arbitration and Class Action Waivers: Drafting Arbitration Provisions, Minimizing Risks and Class Actions

Strafford webinar

February 2024

ERISA Litigation Update

ABA Tax Mid-Winter Conference

January 2024

Class Actions: What You Need to Know Now

Federal Bar Association, Northern District of CA Chapter

November 2023

Can Digital Healthcare Apps close “GApps” in Care?

National Asian Pacific American Bar’s annual conference

November 2023

Litigation Update

American Bar Association’s Fall Tax Meeting

October 2023

Lessons Learned from ERISA Litigation: Do’s and Don’ts for Service Providers and Plan Sponsors

Western Pension & Benefits Council, Webinar

September 2023

Employee Benefits Litigation

American Bar Association’s Tax Meeting

May 2023

End of the COVID-19 Emergency Declarations

American Bar Association, Joint Committee on Employee Benefits, Webinar

March 2023

Understanding the Impact of Hughes v. Northwestern University

American Bar Association’s Tax Meeting

May 2022

Recognition

- Named, The Best Lawyers in America® , ERISA Litigation, , 2025
- Named, Super Lawyer, Northern California, *Super Lawyers*, 2019-present
- Recipient, Minority Bar Coalition Unity Award , 2021
- Regents' and Chancellor's Scholar *University of California, Berkeley*, 2003

Education

J.D., University of Illinois at Urbana-Champaign College of Law, 2006, *cum laude*

B.A./B.S., University of California, Berkeley, 2003

Bar Admissions

California

Courts

U.S. Court of Appeals, 9th Circuit

U.S. District Court, Northern District of California

U.S. District Court, Central District of California

U.S. District Court, Eastern District of California

U.S. District Court, Southern District of California

Publications & Press

ERISA Pro Angel Garrett Joins Littler in San Francisco

Press Release

January 16, 2025