CONSTANGY
Brooks Smith & Prophete



Michelle K. Meek

PARTNER

SAN DIEGO
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Michelle defends employers in complex employment litigation and provides strategic counsel to promote workplace compliance.

With over 15 years of experience in labor and employment law, she represents clients in high-stakes matters involving discrimination, harassment, retaliation, wrongful termination, and wage and hour claims. Michelle has litigated single-plaintiff, class, and collective actions in both state and federal courts, as well as in arbitration. Her industry experience includes advising employers in the hospitality and education sectors, including private and charter schools.

In addition to her litigation practice, Michelle works closely with employers to develop proactive strategies that reduce risk and support a positive workplace culture. She provides guidance on employee discipline, leave management, complaint handling, and termination procedures. Michelle helps clients implement practical policies and procedures that align with business goals while supporting legal compliance.

Michelle also delivers customized training for managers and HR teams on a variety of employment law topics, including preventing workplace harassment, managing accommodations, and conducting effective investigations. Her approach emphasizes clarity and actionable insights to help employers navigate evolving legal obligations with confidence.

Before entering private practice, Michelle served as a judicial extern to the Honorable Ronald S.W. Lew and the Honorable Otis D. Wright II in the U.S. District Court for the Central District of California, experiences that continue to inform her practical, courtroom-tested perspective on employment disputes.

Honors & Recognition

- Recognized in *The Best Lawyers in America*® "Ones to Watch" for Labor and Employment Law - Management and Litigation - Labor and Employment (2023-present)

SAN DIEGO

550 West C Street.
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San Diego, California 92101

SERVICES

California Class Actions & Complex Litigation

Class/Collective Actions

Employment Litigation Prevention & Defense

Wage and Hour Compliance & Litigation

ADMISSIONS

California, 2008

U.S. Court of Appeals for the Ninth Circuit

U.S. District Court - CA - C.D., S.D.

Michelle K. Meek

Clerkships

Hon. Ronald S.W. Lew, *U.S. District Court for the Central District of California*

Hon. Otis D. Wright, *U.S. District Court for the Central District of California*

Education

University of Southern California Gould School of Law

- J.D., 2008

University of California, Los Angeles

- B.A., *cum laude*, 2005

News

Dorothy Black and Michelle Meek Present on Investigations for Southern California Wine Country SHRM, Speaking Engagement, November 10, 2025

Guillermo Escobedo and Michelle Meek Present San Diego SHRM 2025 Legal Updates Program, Speaking Engagement, November 3, 2025

Events

Buckle Up, California! 2026 is Just Around the Corner, Webinar, November 20, 2025

Buckle Up, California! 2025 is Just Around the Corner, Webinar, November 14, 2024

Legal Analysis

San Diego County Fair Chance Ordinance is now in effect, Blog Post, *California Snapshot* , November 26, 2024