



→ Gal Gressel

Associate

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Gal Gressel is a senior associate in the Labor and Employment Practice Group in the firm's San Francisco office.

Areas of Practice

Gal handles non-compete, trade secret, and employment disputes, from single-plaintiff litigation to the defense of multiple, overlapping class and PAGA actions. Gal is an experienced lawyer, having represented employers before administrative agencies, arbitration, and the state and federal trial and appellate courts. He represents clients across many industries, including healthcare, technology, transportation, logistics, housing, manufacturing, food and beverage, the gig-economy, and retail.

Employment Litigation

Gal has extensive experience defending employers of all sizes, on all types of employment matters. He litigates wage and hour disputes involving the California Labor Code and federal law, as well as discrimination, harassment, retaliation, and whistleblower claims, defamation, restrictive covenants, trade secrets, breach of contract claims, and independent contractor issues. Gal has obtained dismissals of actions on motions to dismiss, on summary judgment, and on anti-SLAPP motions. He has repeatedly succeeded in enforcing arbitration agreements that require dismissal of class action claims, and also on appeal, to reverse an order denying arbitration.

Advice and Counsel and Investigations

Gal maintains an active practice providing strategic advice and counsel to clients on key employment issues such as wage and hour compliance, prevention and investigation of workplace claims, leave management and accommodations, the California Fair Chance Act, employee discipline/terminations, employee classification, employee handbooks and personnel documents, and arbitration agreements.

Articles

- Calif. Out-Of-State Noncompete Ban Faces Several Hurdles
Law360, 08.07.2024

Labor & Employment Law Blog Posts

- "Delaware Courts Limit Noncompete Enforcement in Incentive Plans," November 24, 2025

- "Plaintiffs, Not Defendants, Must Initiate Arbitration," March 4, 2025
- "Delaware Supreme Court Refuses to Enforce Noncompete Against Company Founder Who Joined Competitor," December 16, 2024
- "California Court of Appeal Rules That Partial Sale of Business Can Bind Seller-Owner to a Noncompetition Agreement," August 27, 2024
- "Ninth Circuit Rules That Only Individual PAGA Claims Can Be Compelled to Arbitration," May 16, 2024

Speaking Engagements

- "2025 Labor Law Update," Golden Gate Chapter of the Association of Legal Administrators (ALA), February 20, 2025

Events

Staying Ahead: Insights into California's Multifamily Employment Landscape
Webinar, 11.12.2024

California Labor & Employment Law Update and Happy Hour
San Francisco, San Diego, Los Angeles & Orange County
October 01/08/09/16, 2024

Labor & Employment Law Update and Happy Hour - San Francisco
Fall 2023
Sheppard Mullin San Francisco, 10.24.2023

Practices

Labor and Employment
Labor and Employment Counseling
Labor and Employment Litigation
Intellectual Property
Trade Secrets
Unfair Competition and Trade Secrets

Industries

Food and Beverage
Healthcare
Life Sciences
Multifamily Housing

Retail, Fashion & Beauty

Transportation

Trucking and Logistics

Education

J.D., UCLA School of Law, 2012

B.A., University of California, Santa Cruz, 2006, *With Honors*

Admissions

California

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