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, 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

Recognition

- Named, The Best Lawyers in America®, ERISA Litigation, 2025-2027
- 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

Celebrating AANHPI Heritage Month: Building Community Through Leadership and Service
Littler Podcast
May 20, 2026

The Supreme Court Relieves ERISA Plaintiffs of a Pleading Requirement: What's Next for ERISA Plan Fiduciaries?
Littler ASAP
April 24, 2025

ERISA Pro Angel Garrett Joins Littler in San Francisco
Press Release
January 16, 2025

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