
Lori M. Allen

OF COUNSEL

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Lori's practice is principally focused on workers' compensation litigation. She advises and defends employers and insurers in the manufacturing, healthcare, transportation, hospitality and retail industries throughout all stages of litigation before the North Carolina Industrial Commission. Lori handles complex workers' compensation issues and strives to provide efficient and effective resolutions for her clients, whether that means negotiating with the other side or taking the case to a hearing.

Prior to beginning her practice, Lori graduated Phi Beta Kappa from the University of North Carolina (UNC), where she graduated with highest distinction. She also received her law degree from the UNC School Of Law, where she won the Gressman-Pollitt Award for her skills in appellate oral advocacy. As a double Tar Heel, she enjoys all things Carolina, especially Carolina basketball. Lori lives in Raleigh with her husband and two sons.

Education & Bar Admissions

- J.D., University of North Carolina
- B.A., with Highest Distinction, University of North Carolina

Admitted in

- North Carolina
- U.S. District Court for the Eastern District of North Carolina

Focus Areas

- Employment
- Employment Contracts
- Employment Litigation
- Workers' Compensation

Achievements

- Phi Beta Kappa, University of North Carolina
- Graduate Honor Court Chair
- Gressman-Pollitt Award for Excellence in Oral Advocacy

Activities

- North Carolina Bar Association
 - Workers' Compensation Section member
 - Professionalism Committee member
- Wake County Bar Association
- 10th Judicial District Bar Member
- Defense Research Institute Member
- Hope Community Church member and volunteer

Publications & Presentations

- "Recent Developments," 41st Annual Estate Planning & Fiduciary Law Program, July 2020
- "Tell Me More! Ethical and Professionalism Issues in Discovery," 21st annual North Carolina Workers' Compensation Educational Conference, October 2016
- "Keeping Workers' Compensation Claims on the Right Track," North and South Carolina State Associations of Occupational Health Nurses fall conference, November 2015
- "The Life of a Workers' Compensation Claim," North Carolina Bar Association, Fall 2014

CONTACT US

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