



Sheila Delshad

Partner

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Pronouns: she, her, hers

PRACTICES

Employment Law and Litigation

Labor Relations

Workplace Investigations

EDUCATION

J.D., University of Southern
California Gould School of Law,
2002

B.A. Philosophy, University of
Southern California, 1998

ADMISSION

State Bar of California

United States District Court for
the Central District of California

Sheila Delshad represents clients in various labor and [employment law](#) matters. Her counseling practice focuses on discrimination, harassment, retaliation, wage and hour claims, independent contractor issues, employment contracts, due process, medical leaves and disability accommodation and public pension and health benefits. Sheila also has extensive experience counseling and assisting clients with internal reviews and revisions of employment policies and procedures, as well as conducting neutral investigations of workplace complaints.

Sheila has served as lead [labor](#) negotiator for multiple collective bargaining agreements and continually advises employers on an array of labor relations matters such as the meet and confer process, grievances, discipline, layoffs, reorganizations and contracting out.

Sheila's [litigation](#) practice includes considerable work defending [public](#) agencies against class action claims of worker misclassification and discrimination. She has defended and counseled employers in matters involving both state and federal law, such as equal employment opportunity under Title VII, the Family and Medical Leave Act, the Americans with Disability Act, the Fair Labor Standards Act, the California Family Rights Act, the California Pregnancy Disability Leave Act and the Meyers-Milias-Brown Act.

While attending University of Southern California Law School, Sheila represented indigent clients with USC's Immigration Law Clinic and with Bet Tzedek Legal Services. Sheila has also served as an extern to the United States Attorney's Office and as a law clerk to the Metropolitan Water District of Southern California.

PUBLICATIONS

2025 LEGAL TRENDS

Legal Trends 2024

[2023 Legal Trends](#)

[2022 Legal Trends](#)

[2021 Legal Trends](#)

[2020 Legal Trends](#)

[Families First Coronavirus Response Act: Summary Of Additional Guidance From The Department Of Labor](#)

[Some Restrictions Lifted for Employing CalPERS Retirees During COVID-19 Emergency](#)

[2019 Legal Trends](#)

[2018 Legal Trends](#)

[2016 Legal Trends](#)

[2015 Legal Trends](#)

[Pocket Guide to Disability Discrimination in the California Workplace](#)

[2014 Legal Trends](#)

[Common Public Employer Misconceptions](#)