

# Lara Q. Plaisance



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## Practice Areas

Workers' Compensation Defense

## Education

J.D., University of Missouri-Kansas City,  
2008

B.A., University of Iowa, 2002

## Bar Admissions

Missouri, 2008

Kansas, 2009

Iowa, 2010

## Professional Affiliations

The Missouri Bar

Illinois State Bar Association

Drew's Crew for Kids

Lara Plaisance has practiced law since graduating from the University of Missouri-Kansas City School of Law in 2008. She began her career as an associate attorney with MVP in the Workers' Compensation Defense practice group in the Kansas City office practicing in Missouri, Kansas and Iowa. In 2013 she moved to Iowa as staff counsel for Travelers Insurance to focus her practice exclusively on Iowa Workers' Compensation Defense. In 2017, Lara returned to private practice and joined a Des Moines firm until her return to MVP, this time in the new Des Moines office.

Lara enjoys working in close collaboration with her clients, looking for opportunities for early resolution, while not shying away from necessary litigation. Lara has been trying workers' compensation cases in Iowa since 2011 and has extensive experience as well in resolution through mediation. Always seeking ways to provide value added opportunities to her clients, Lara is a frequent presenter at lunch-and-learns, one-on-one claims training sessions, and firm seminars.

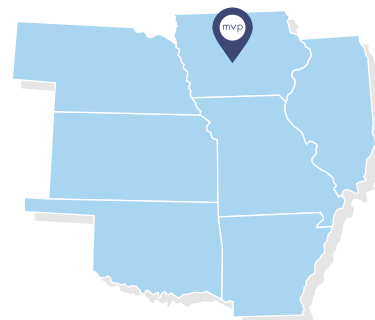
Lara is active in her community of Waukee as the founder and President of a non-profit organization, Drew's Crew for Kids and as a past member of the Hunger Free Dallas County Coalition and past board member for Eat Greater Des Moines. In 2019 Lara was honored as a Des Moines Business Record Forty Under 40 Honoree. Lara and her husband, John live in Waukee with their three sons, two dogs and very little free time. If she's not practicing law, she can generally be found on the sidelines of a youth soccer, basketball or baseball game.

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