

Cate E. Livingston



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Practice Areas

Workers' Compensation Defense

Education

J.D., Drake University Law School, 2025

B.S., University of Minnesota – Twin
Cities, 2020

Bar Admissions

Iowa, 2025

Professional Organizations

Iowa State Bar Association

Catherine “Cate” Livingston is an associate in the Des Moines office. Cate practices in the firm’s workers’ compensation practice group defending insurers, self-insured employers, and third party administrators throughout the state of Iowa.

Cate first joined MVP Law as a summer law clerk in 2023 before earning her Juris Doctor from Drake University Law School in 2025. During law school, she was actively involved in Drake Law Women and the Delta Theta Phi Law Fraternity, experiences that strengthened her commitment to advocacy and professional excellence. Before pursuing her legal career, Cate earned a Bachelor of Science in Kinesiology from the University of Minnesota Twin Cities. Her background in kinesiology provides her with a unique perspective on the intersection of health, work, and law.

Outside of the office, Cate and her husband, Dylan, enjoy time outdoors—boating, exploring nature, and cheering on their favorite Minnesota sports teams. They value time with family and friends and seize every opportunity to build meaningful experiences.

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