

# Taelor J. Cooper-Nelson



[tcooper@mvplaw.com](mailto:tcooper@mvplaw.com)  
Direct (515) 823-0804

## Practice Areas

Workers' Compensation Defense

## Education

B.A., St. Ambrose University, 2018  
J.D., Northern Illinois University, 2022

## Bar Admissions

Iowa, 2023  
Illinois, 2022

## Professional Organizations

Iowa State Bar Association  
Iowa Young Lawyers Division  
Scott County (Iowa) Bar Association  
Iowa Association of Workers'  
Compensation Lawyers  
Illinois State Bar Association  
Chicago Bar Association

Taelor Cooper-Nelson is an associate attorney in MVP's Des Moines office. Her practice focuses on workers' compensation matters, representing clients throughout the states of Iowa and Illinois. As a Quad Cities native, she brings a strong connection to the region and a deep understanding of the communities she serves.

Taelor specializes in defending employers and insurance carriers in all stages of workers' compensation claims, from initial evaluation through litigation and resolution. She strives to resolve cases efficiently and effectively for her clients, but when a quick resolution isn't possible, she's fully prepared to advocate for them in the courtroom. She has trial experience at both the agency and appellate levels, including successful arguments before the Iowa Workers' Compensation Commission and the Iowa District Court. In addition, she regularly presents at legal seminars to keep others informed on recent developments in the law.

Taelor was the first in her family to graduate from college, earning her Bachelor's in Forensic Psychology from St. Ambrose University in 2018, where she captained the mock trial team and competed in track and cross country. She earned her Juris Doctor from Northern Illinois University, where she held leadership roles in several student organizations and gained courtroom experience at the Kane County State's Attorney's Office assisting in domestic violence prosecutions.

A proud Iowa Hawkeyes and recent Minnesota Vikings fan (thanks to her Minnesota-born husband), Taelor enjoys spending her free time at home with her husband and their two cats, often caught up in a good Dateline episode. She also cherishes time with her family, who all know game night isn't officially over until she's declared the winner. Taelor is an avid runner and snowboarder and can be found on the weekends exploring farmers markets, coffee shops, and thrift stores around the QC (because finding the perfect thrifted treasure is a sport, too).

## McAnany, Van Cleave & Phillips, P.A.

West Des Moines, IA

515.823.0800 Phone

515.823.0801 Fax



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