



LARA THOMAS

ATTORNEY

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Education

- LLB
- Post Graduate Diploma in Labour Law Practice

Membership

- Enrolled Legal Practitioner with the Legal Practice Council
- Member of SASLAW

Practical Areas

- Labour Law
- Litigation

Languages

- English – 1st language
- Afrikaans – 2nd Language
- French – 3rd Language

SUMMARY PROFILE

Lara is an admitted attorney of the High Court of South Africa specialising in employment law. Lara has experience in many areas of the law having practiced as a civil litigation attorney while advancing her knowledge within the employment law sphere by studying towards a Post Graduate Diploma in Labour Law Practice. Lara is currently based in our East London office as a practising attorney, but travels nationally to service our clients.

CAREER

After completing her law degree at Nelson Mandela University, Lara took up employment at Lawrence Masiza Vorster Incorporated in Port Elizabeth, where she was involved in numerous cases in both the Magistrate and High Courts. She remained at the same firm post-articles, obtaining her High Court Right of Appearance and engaging in post graduate studies in the employment law field. Lara is now practicing as an attorney at Kirchmanns Incorporated at our East London office.

EXPERIENCE

2019 - Present / Practising Attorney at Kirchmanns Incorporated.

2018 / High Court Right of Appearance

2017 / Admitted attorney of the High Court

2017 - 2018 / Attorney at Lawrence Masiza Vorster Inc

2015 - 2017 / Candidate Attorney at Lawrence Masiza Vorster Incorporated, Port Elizabeth

- CCMA representation
- Chairing and initiating disciplinary enquiries
- Chairing of incapacity enquiries
- Dismissals based on operational requirements
- Labour Court reviews
- Workplace investigations and reports
- Strikes and lockouts
- Drafting and reviewing various contracts and workplace policies
- Drafting of all pleadings and associated interlocutory applications
- Dealt with High, Regional and Magistrates Court matters including:
 - Debt Review
 - Administration
 - Liquidation
 - Evictions
 - Collections
 - Summary Judgement Applications and Oppositions
 - Damages Claims
 - Road Accident Fund Claims
 - PAIA Applications
 - Defamation
 - Divorces and maintenance
- Drafting pleadings and letters
- Drafting legal opinions and proposals
- Legal research



Kirchmanns Inc
ATTORNEYS & LABOUR LAW SPECIALISTS