

## Stephanie Techau

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CEDAR RAPIDS OFFICE

Stephanie Techau still remembers her first job delivering newspapers in fourth grade. She also remembers the lessons learned from that job and from her many other early employers.

Her paper route taught her to be independent and reliable. Detasseling corn and waitressing throughout high school and college taught her to work hard and to respect others who do so. “Every job I’ve had has taught me something important,” she says. “The culmination of those early experiences formed my work ethic. That work ethic, combined with the small and large lessons from each case I have handled as a lawyer make me an effective attorney and mediator today.”

Representing employers and insurance carriers in [workers’ compensation](#) cases and employers, businesses, and insurers in civil matters still comprises a large part of Stephanie’s practice. She has a longstanding passion for investigating, analyzing, and understanding legal and medical issues to help her clients minimize their risks when navigating Iowa’s workers’ compensation or civil court systems.

Stephanie is also increasingly sought after as a mediator of workers’ compensation and civil cases. She enjoys successfully taking off her “advocate” hat when retained to serve as a neutral mediator and to help the opposing parties negotiate mutual agreements to resolve their disputes.

Stephanie has completed the intensive American Arbitration Association’s Mediator Training Course. Attorneys and parties that retain her for mediations value her neutrality, empathy, and efficiency.

Clients value that she actively listens and appreciates what they want to accomplish. “I respect my clients’ business decisions and work hard to achieve the results they desire, both for short-term and long-term,” she says.

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### RECOGNITION

**The Best Lawyers in America®**  
2013–2025

**The Best Lawyers in America®**  
Lawyer of the Year, Workers’ Compensation Law—Employers, Cedar Rapids, 2023, 2021, 2018, 2016, 2025

**Martindale-Hubbell**  
AV® Preeminent

**Great Plains Super Lawyers**  
Workers’ Compensation, 2013–2015



### PRACTICE AREAS

- [Litigation](#)
- [Business & Commercial Litigation](#)
- [Employment, Labor & Discrimination](#)
- [Life & Disability Insurance Litigation](#)
- [Mediation Services](#)
- [Personal Injury & Tort Defense](#)
- [Workers’ Compensation](#)

### EDUCATION

- University of Iowa (B.A., J.D., with distinction)

### BAR ADMISSIONS

- Iowa
- Admitted to practice in all state and federal courts in Iowa
- Eighth Circuit Court of Appeals

### **State Judicial Nominating Commission**

Elected Attorney Representative District 5, 2001–2007

### **Supreme Court Board of Professional Ethics and Conduct**

1996–2005

## **PROFESSIONAL & COMMUNITY AFFILIATIONS**

### **Iowa State Bar Association**

- Specialization Committee Workers' Compensation Section Council
- Workers' Compensation Section Council
- Bench-Bar Committee, Former Co-Chair
- YLD Newsletter and Public Information Committee, Former Co-Chair
- YLD Justice For All Committee

### **Polk County Bar Association**

Membership Committee, 1999–2002

### **Linn County Bar Association**

### **Iowa Association of Workers' Compensation Lawyers**

- Annual Seminar, Co-Chair, 2001–2002
- Board of Directors, 2002–2008

### **Iowa Defense Counsel Association**

### **Iowa Women's Leadership Conference**

Eastern Iowa Steering Committee, 2013–2014

### **Defense Research Institute**

### **Lincoln Inn of Court**

2008–2013

### **Blackstone Inn of Court**

1995–2000

### **Greater Des Moines Leadership Institute**

- 1999–2000
- Class Program Coordinator, 2000–2001

## **SPEECHES & PUBLICATIONS**

### **"Iowa Code Section 85.39 Declaratory Order: What Does it Mean?"**

Iowa Association of Workers' Compensation Lawyers Annual Meeting, October 21, 2010 (speaker)

### **"Proposed SEC Rule Will Regulate Indexed Annuities as Securities"**

*The Voice*, Volume 7, Issue 46, November 19, 2009 (author)

### **"Establishing Causation: The Defendants Perspective"**

Iowa State Bar Association Workers' Compensation Seminar, April 6, 2007 (speaker)

### **"Avoiding and Defending Retaliation and ADA Claims During Workers' Compensation Claims"**

Nyemaster, Goode, West, Hansell & O'Brien P.C. Labor and Employment Seminar,

October 14, 2005 (speaker)

**“Return to Work after a Workers’ Compensation Injury”**

Iowa Defense Counsel Association Workers’ Compensation Seminar, April 16, 2004  
(speaker)