

LEADERSHIP COUNCIL ON LEGAL DIVERSITY

Partner in Diversity

DEMETRA L. LIGGINS

*2012 Fellow | Partner, McGuireWoods LLP | Co-Founder,
Corporate Homie, LLC*



DEMETRA LIGGINS has nearly two decades of experience in business finance and restructuring for a variety of large and small public and private companies. As a trusted business advisor, Demetra partners with her clients to identify and achieve their goals in the bankruptcy process, navigating through complex corporate reorganizations and distressed acquisitions.

She earned her Bachelor of Science degree from Christian Brothers University on a volleyball scholarship and earned her JD, cum laude, from Samford University, Cumberland School of Law. She has been named to The Best Lawyers in America, Bankruptcy and Creditor Debtor Rights/Insolvency, Reorganization Law, Woodward/White Inc. (2018–22), and was the winner of The Leadership Council on Legal Diversity (LCLD) annual Rick Palmore LCLD Alumni Award (2021).

With her experience as partner in “big law,” Demetra, along with her identical twin sister, Bemetra Simmons, founded Corporate Homie, an organization that seeks to help millennials professional women and minorities advance in corporate America. In addition to speaking at conferences and events, the sisters also engage their audience with a weekly advice-based podcast. With over 130 episodes, the sisters encourage listeners with stories of their “corporate struggles” while providing tips and tools to overcome hurdles in the workplace that are unique to women and people of color.

Demetra is actively involved in numerous organizations, including serving as Parliamentarian of the Bay Area Houston Alumnae Chapter of Delta Sigma Theta Sorority, Inc., Past Houston Network Chair of the International Women’s Insolvency and Restructuring Confederation (IWIRC). Her accolades include being named to Texas Rising Stars® by Thomson Reuters, as a Law Firm Rainmaker by Diversity & the Bar, and to Houston’s “Top Lawyers” by H Texas magazine. She has also been featured in Law360’s Minority Powerbroker Q&A series. Recently awarded the Association of Women Attorneys Foundation’s Annual Premier Women in Law and the Savvy Sister Award by the Houston Woman Magazine.

Demetra lives with her husband Torik in Texas and considers herself a spa junkie and foodie who also enjoys a round of golf on a sunny day.



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