

# News & Press Releases



## Insight into what you may be missing in mediation

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In an op-ed article featured in the Jacksonville Daily Record, Gunster attorney Mike Freed shares observations he's learned serving as a certified mediator. In the piece, Freed explains why a renewed appreciation for mediation is in order and offers six detailed recommendations for an effective mediation.

Freed is based out of the Jacksonville office and is a part of Gunster's business litigation team. He has a wealth of experience in the courtroom and arbitrations, administrative proceedings and other forms of dispute resolution. He serves as counsel for a variety of companies, with regular involvement in personnel matters, labor relations, contract negotiations, insurance, risk analysis, and strategic planning.

Read the full article: [Commentary: Insight into what you may be missing in mediation](#)

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