

# Meredith Plummer

## Of Counsel

West Palm Beach  
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## Practice & Industry Areas

- Labor & Employment Law

## Education

- Liberty University School of Law, *magna cum laude*, J.D., 2011
- University of Florida, *summa cum laude*, B.A., 2007

## Bar & Court Admissions

- Florida Bar, 2011
- United States District Court
  - Southern District of Florida, 2015
  - Middle District of Florida, 2015
  - Northern District of Florida, 2023

## Overview

Meredith Plummer has practiced in Gunster's Labor & Employment group since 2015. Meredith represents primarily businesses in employment-related disputes of all kinds, such as discrimination and retaliation claims, contract and non-compete disputes, accommodation claims, among others. Meredith has extensive litigation experience both in her time at Gunster as well as her former role as a prosecutor for the State Attorney's Office in Brevard County, Florida.

Meredith uses her litigation experience when consulting with companies on human resource issues. Meredith's trial perspective shapes her consulting advice and assists clients in avoiding litigation altogether by thinking in long-term strategy. Meredith's consulting practice includes working with businesses in providing reasonable accommodations, complying with FMLA and FLSA requirements, disciplining and terminating employees in a manner that avoids or minimizes the risk of litigation, drafting and implementing HR policies, drafting contracts including non-competes, proving employee and managerial

trainings, and ensuring legal compliance. Meredith regularly conducts or oversees investigations into employee complaints when they are sensitive in nature or require an independent, outside party.

Meredith prioritizes reliability, communication, and timeliness when tending to client needs and enjoys advocating for clients and achieving just outcomes. She also aims to help clients improve their employee relations and implement best practices to minimize areas of exposure. Outside of her legal practice, Meredith enjoys raising her two young sons together with her husband.

## Honors

- “Outstanding Program,” National Award for Presentation, Inn of Court, 2013
- Liberty University Law Review

## Publications & Presentations

- “DOL Violations: A Refresher on Child Labor Laws”, ALM Property Casualty 360, February 15, 2023
- “Family and Medical Leave: What You Must Know,” and “ADA Accommodations 2022: Ensuring Best Practices”, National Business Institute, speaker, October 28, 2022
- Presentation on Florida’s STOP WOKE Act, Florida Association of Community Health Center Annual Meeting, July 18, 2022
- “Vaccine Mandate on Businesses with 100 Employees or More”, Boca Raton Chamber of Commerce, speaker, November 16, 2021
- Presentation on Americans with Disabilities Act and Family Medical Leave Act, LawPractice CLE, September 24, 2018
- Presentation on Family Medical Leave Act, Florida Court Clerks & Comptrollers 40th Annual Celebration, June 26, 2018
- “Buying Lottery Tickets with Colleagues: What Could Go Wrong?”, Society for Human Resource Management (SHRM), January 13, 2016
- “The Pro Se Litigant,” Vassar B. Carlton Inn of Court, 2013
- “Vaccine Law: Friend or Adversary?” *The Student Appeal*, March 1, 2012
- “The Unfolding Legal Dilemma Created by Honor and Apostasy Crimes in the United States,” *Liberty University Law Review*, Vol. 5, Number 3, 2011

## Professional Associations & Memberships

- Quantum House, Advisory Council, 2023-present
- Palm Beach County Bar Association, 2015-present

- Professionalism Committee, 2016-18
- Judicial Relations Committee, secretary, 2016-19
- Young Lawyers Division, 2015-19
- Vassar B. Carlton Inn of Court, 2012-13

## **Civic & Community Service**

- Women Build, Habitat for Humanity of South Palm Beach County, 2022
- Place of Hope – Joann’s Cottage mentor, 2019
- YMCA of the Palm Beaches
  - Annual Prayer Breakfast committee, 2017-21
    - Co-chair, 2017
- JMI Leaders Fellowship Class III, co-chair, 2016
- Alliance for Freedom, Restoration and Justice, volunteer advocate
- Belle Glade Life Center, volunteer