

**Ben Lagos***Associate*

Tallahassee Office

850-561-3503

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Ben devotes his practice to all aspects of labor and employment law. His practice includes representing clients in employment discrimination claims, retaliation claims, and challenges to employee discipline and discharge. He has represented clients in federal and state court, arbitration forums, and before administrative agencies such as the Equal Employment Opportunity Commission and the Florida Commission on Human Relations. Ben's practice also includes election law and he has defended multiple local government officials against unlawful and invalid recall petitions.

Prior to joining Allen Norton & Blue, Ben practiced in the vast area of insurance defense litigation where he represented clients of all sizes, from individuals to major corporations. He earned his Juris Doctor from the Florida State University College of Law in 2020 and received his bachelor's degree in Legal Studies from the University of Central Florida in 2017.

Outside of the office, Ben enjoys playing golf and frequenting national parks with his wife, Rachel.

Professional Recognition and Associations

Florida Bar Association (2020)

Labor and Employment Law Section of Florida Bar

Tallahassee Bar Association

Court Admissions

U.S. District Court for the Northern District of Florida

All Florida State Courts and Courts of Appeal

Education

University of Central Florida (B.S. Legal Studies, 2017)

Florida State University College of Law (J.D., 2020)

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