

LARA TIBBALS
TIBBALS MEDIATION, LLC

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PROFILE

Full-time mediator and arbitrator with more than 25 years of business litigation experience. Former equity partner and seasoned trial lawyer, now exclusively devoted to alternative dispute resolution. Known for sound judgment, preparation, and the ability to facilitate principled, durable resolutions in high-stakes disputes.

ADR & LEGAL EXPERIENCE

Founder | Mediator & Arbitrator

Tibbals Mediation LLC — 2023-Present

Florida Supreme Court Certified Circuit Civil and Family Law Mediator and panel member of the American Arbitration Association. Handles a wide range of civil, business, and family disputes in state and federal court throughout Florida, serving as mediator and arbitrator.

Equity Partner / Of Counsel

Hill Ward Henderson — 1997-2000; 2001-2023

Handled all aspects of complex civil litigation in state and federal courts, representing individuals and corporate clients in business, contract, intellectual property, and professional liability disputes.

Law Clerk

U.S. District Court, Middle District of Florida — 2000-2001

First federal law clerk to the Honorable James S. Moody, Jr., United States District Judge, Tampa Division.

EDUCATION

Harvard Law School — Program on Negotiation (2024)

Master's-level Certificate in Mediation and Conflict Management

University of Florida College of Law (1997)

Juris Doctor, *with honors*

Florida State University (1994)

Bachelor of Arts, Communications

BAR ADMISSIONS

The Florida Bar (since 1997)

Supreme Court of the United States

U.S. Court of Appeals for the Eleventh Circuit

U.S. District Courts for the Middle, Southern, and Northern Districts of Florida

Florida Second District Court of Appeal

CERTIFICATIONS & ADR APPOINTMENTS

- Panel Member, American Arbitration Association
- Florida Supreme Court Certified Mediator
 - Circuit Civil (2012)
 - Family Law (2023)
- Certified Mediator, U.S. District Courts for the Middle and Southern Districts of Florida
- Florida Qualified Court-Appointed Arbitrator

**PROFESSIONAL LEADERSHIP & SERVICE
Hillsborough County Bar Association**

- Co-Chair, Mediation & Arbitration Section (2023-present)
- Former Board of Directors member
- Former Program Chair
- Past President, Young Lawyer's Division

Judicial Nominating Commission, Second District Court of Appeal

- Commissioner (2011-2015; 2019-present)
- Chair (2014-2015)

The Florida Bar

- Former member, Judicial Nominating Procedures Committee
- Former Vice-Chair, Student Education and Admission to the Bar Committee
- Board of Directors, Young Lawyer's Division
- Annual Meeting Committee

Florida Bar Foundation

- Board of Trustees (2019-2022)
- Executive Committee (2022)

Hillsborough County Bar Foundation

- Trustee (10+ years)
- Law & Liberty Dinner Committee
- Coordinated the Foundation's successful bid to serve as program manager for the Thirteenth Judicial Circuit's Residential Mortgage Foreclosure Program

Additional Service

- Chair, Florida Bar Grievance Committee 13E (2021-2022); member (2018-2022)
- Board of Directors, Federal Bar Association (Tampa Chapter)
- Merit Selection Committee for U.S. Magistrate Judges, Middle District of Florida
- Member: The Athena Society (2011); The Federalist Society (1998)

HONORS & RECOGNITION

Florida Super Lawyers — Business Litigation, Alternative Dispute Resolution (multiple years, including 2026)

Tampa Style Magazine — Tampa's Top Women in Law (2025)

Tampa Bay METRO Magazine

Inspiring Women in Business (Nov. 2024)

The Face of Civil and Family Mediation (May 2024)

Litigation Counsel of America — Senior Fellow (by invitation; less than 0.5% of U.S. lawyers)

Martindale-Hubbell — AV-Preeminent Rating (20+ years)

The Best Lawyers in America — Commercial Litigation (2015-2017 and 2019-2022)

HCBA James M. "Red" McEwen Award (2010)

HCBA Outstanding Young Lawyer Award (2006)

SELECT SPEAKING & MODERATION

Effective Techniques in ADR — Panelist, Wm. Reese Smith, Jr. Litigation American Inn of Court (Oct. 2025)

Heroes in Harmony: ADR in Business Litigation — Moderator, HCBA Bench/Bar Conference (Oct. 2025)

Best Practices in Family Law Mediation — Moderator, HCBA Mediation & Arbitration Section and Family & Marital Law Section (Apr. 2025)

Voice of the Mediation Client — Panelist, HCBA Litigator-Mediator Forum (Apr. 2025)

Marketing for Legal Professionals — Moderator, HCBA Mediation & Arbitration Section and Solo & Small Firm Practitioners (Jan. 2025)

Paths to Leadership in the Legal Profession — Speaker, Hillsborough Association of Women Lawyers (Dec. 2024)

Alternative Dispute Resolution, Advanced Negotiation Strategies — Panelist, HCBA Bench/Bar Conference (Nov. 2024)

It Starts with Us — Keynote Speaker, Hillsborough Association of Women Lawyers (Apr. 2024)

Effective Mediation Techniques — Panelist, Spencer Fane LLP Litigation Retreat (Feb. 2024)

Alternative Dispute Resolution — Panelist, HCBA Bench Bar Conference (Nov. 2023)

Demystifying the Judicial Application and Nomination Process at the Federal and State Levels — Panelist, Tampa Bay Hispanic Bar Association, Federal Bar Association, Federalist Society, Asian Pacific American Bar Association, and American Constitution Society (Nov. 2022)

MEDIATION AREAS

- Admiralty/Maritime
- Animal Owner Liability
- Antitrust
- Automotive
- Breach of Contract
- Catastrophic Injury
- Class Actions
- Commercial/Business
- Community Associations
- Divorce/Custody Disputes
- Employment
- Equitable Distribution
- Family Business
- First Party Property Insurance
- Franchise
- Fraud/Misrepresentation
- Global Settlement Conferences
- Guardianship
- Homeowner/Neighbor Disputes
- Insurance Coverage
- Intellectual Property
- Landlord/Tenant
- Nursing Home/Assisted Living Facilities
- Patent Cases
- Personal Injury
- Premises Liability
- Probate
- Product Liability
- Professional Malpractice
- Real Estate
- Sexual Assault/Harassment
- Trademark Disputes
- Wrongful Death