LAUREN TRYNOSKI

720.610.3896 ltrynoski@explico.com

T R A F F I C
RECONSTRUCTION

ACCIDENT

EDUCATION

UNIVERSITY OF DENVER

BA

International Studies 2009 Minor: Spanish

UNIVERSITY OF GRANADA, ANDALUCÍA, SPAIN

Study abroad program 2009

LICENSES & CERTIFICATIONS

Notary Public

PROFESSIONAL PROFILE

I characterize myself as a critical-thinking and open-minded individual. I enjoy working hard, paying attention to detail, and I take tremendous pride in my work. Anything less than my absolute best is unacceptable. I have worked in the legal field for over twelve years and subsequently I have developed an interest in the practical and ethical application of the law. Throughout my career, I have learned stores of knowledge pertaining to trauma-induced injuries, their symptoms, and treatment options for my clients. I find the biomechanical and anatomical aspect of personal injury claims particularly fascinating. In addition, I have earned a great deal of experience in insurance claims, medical claims, health insurance, subrogation liens, the law as it pertains to negligence, business accounting, law firm management, and COLTAF account management. I absolutely insist on utilizing technology to work smarter and more efficiently. I especially enjoy managerial and teamwork roles as they afford me an opportunity to teach and learn from others.

AREAS OF EXPERTISE

Legal Case Management Personal Injury Litigation

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TRYNOSKI

EXPERIENCE

Explico

2023 Project Manager

Mintz Law Firm

2020 - 2022 Paralegal

Balaban Law LLC

2020 Paralegal

Varner Faddis Elite Legal, LLC

2018 - 2019 Office Manager / Paralegal

Larson & Larimer, PC

2014 - 2018 *Paralegal*

Bachus & Schanker, LLC

2012 - 2014 SSDI & WC Department Manager

The Olsen Firm

2010 - 2012 Assistant / Paralegal