

Amy L. Cox Gruendel

www.ResolutionMediationServices.net

Charlotte/Matthews – North Carolina
Williamsburg – Virginia

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Education

Boston College School of Law

Juris Doctorate 1998
Staff writer and Managing Editor for
Environmental Affairs Law Review

University of Michigan

Bachelor of Arts with Distinction 1994
Honors College 1990-92; Class honors 1991-94

Dispute Resolution Experience

Resolution Mediation Services, Founder and Owner

2013-present

Full-Service Dispute Resolution Firm: Resolution provides mediation, civil collaborative law services, and arbitrations for businesses and individuals seeking to resolve legal disputes in the following areas: employment law, business and commercial disputes, landlord/tenant contests, general tort and contract claims, and other civil matters. For clients looking for assistance in resolving disputes that do not involve legal issues, Resolution offers facilitated discussions and on-going relationship mediation. Resolution also offers workshops designed to help organizations more successfully engage with conflict when it arises. www.ResolutionMediationServices.net

Mediation, Inc. Charlotte Faculty Member

2015-present

Responsible for instructing lawyers and other program participants in dispute resolution theory, ethics, and practical skills including extensive coaching in mediation role plays. *Mediation, Inc.* is one of only three programs authorized by the State to deliver the 40-hour training program required to become a certified mediator conducting mediations in North Carolina civil courts.

Mecklenburg County Civil District Court, Arbitrator

2016-present

Conduct arbitration hearings for civil actions involving general tort and contract claims and issue Award. Work effectively with attorneys, pro se parties, and court personnel.

EEOC, Charlotte Office Pro Bono Mediator

2020-present

Manage all aspects of mediation for the EEOC Charge assigned: coordinate with local EEOC personnel; initiate contact with parties; conduct mediation conference; assist parties with settlement documents, undertake any necessary follow-up with parties and EEOC office until mediation and associated responsibilities are complete.

Dispute Resolution Group, Co-Founder and Partner

2020-present

Multi-disciplinary group offers consultation and advice for organizations and individuals seeking dispute resolution assistance. Also offers services in dispute system design. Representative projects include a pilot project created for the Mecklenburg County Courts at the height of the COVID shut-down and eviction crisis. Sustained by a generous grant from the Charlotte Executive Leadership Council, the project was praised locally and statewide.

Legal Experience

Sarah J. Kromer, PLLC

2015-19

Employment Law: Assisted employers in navigating various employment law matters including policies and handbooks, EEO and diversity issues, wage and hour matters, compensation and benefits, hiring process and employee discipline, separations, non-competes, labor law questions and more.

University of North Carolina Charlotte and Charlotte School of Law

2007-09

Litigation/Teaching: Created and delivered practice readying curriculum focused on analysis, argument, and communication. Instructed law students and paralegals in legal analysis, reasoning, and writing.

Helms Mullis & Wicker (Now McGuire Woods)

2006-07

Litigation: Supervised teams of attorneys conducting electronic discovery in case involving millions of documents. Managed quality control team. Created procedures for identifying and protecting privileged material. Researched and co-authored white paper on best practices for electronic discovery.

Legal Aid of North Carolina

2003-06

Litigation: Obtained protective orders for victims of domestic violence. Represented clients in civil disputes involving unfair trade practices and other consumer law issues. Protected housing rights of clients living in public and subsidized housing and assisted others living in substandard housing conditions.

Womble Carlyle Sandridge and Rice (Now Womble Bond Dickinson)

1999-2003

Litigation/Employment Law: Litigated contract and commercial disputes, employment discrimination claims, wage and hour class actions, civil rights claims, and other matters. Advised employers on reductions in force, EEO issues, REDA claims, FLSA issues, non-competes, and more.

United States District Court, Northern District of Alabama (Birmingham)

1998-1999

Litigation: Judicial Clerk for the Honorable William Marsh Acker. Assisted judge in settlement conferences. Researched and prepared opinions for judge's review. Provided support for judge's work in scholarly journals.

Other

- North Carolina State Bar
 - *Dispute Resolution Section Council Member, Committee Chair*
 - *Employment Law Section – Section Member*
- Mecklenburg County Bar
 - *Dispute Resolution Section – Section Chair*
 - *Employment Law Section – Section Member*
- Collaborative Law Associations
 - *North Carolina Civil Collaborative Law Association - Founding Member; Current Board Member:*
 - *Collaborative Employment Lawyers NC - Founding Member*
- North Carolina Supreme Court - Pro Bono Honor Society Member (2020 – present)
- Director of Covenant Day High School Mock Trial Team (2021-present)
- Director of Staff Development, Kinetic Heights, LLC (2019-2020)
- Certified yoga instructor (RYS 200) in Gosh Lineage (popularized as “Bikram Yoga”) (2014)