



Michael L. Forrester
Partner

Kingsport Office
(423) 378-8836 Direct Phone
mforrester@hsdlaw.com



Michael Forrester has practiced with the firm since 1984. Since becoming a partner in 1990, he has enjoyed a varied and challenging state and federal court civil law practice. His primary emphasis has been on employment-related litigation, particularly workers' compensation and civil actions brought under the Employee Retirement Income Security Act (ERISA). He is certified by the Tennessee Supreme Court Alternative Dispute Resolution Committee as a Rule 31 Listed General Civil Mediator.

Mr. Forrester has been fortunate to represent and work with some of the most respected and dynamic employers in Northeast Tennessee on a wide variety of issues, including employer representation in court and administrative trials and hearings, workplace training and investigations, discipline and termination matters, benefits and leave issues, accommodation and disability disputes, and drafting and enforcement of company policies and procedures.

Awards, Recognition, and Accomplishments

AV® Preeminent Peer Review Rated by Martindale-Hubbell
Access to Justice Award for Extraordinary Service, recipient (2013-2019)
Legal Aid of East Tennessee, volunteer attorney
Legal Aid Hall of Fame, 2019
University of Tennessee Knoxville Alumni Board of Directors, inaugural member (2009-2013)
Selected to Best Lawyers, (2020-2021)

Professional and Civic Involvement

American Bar Foundation, fellow
American Bar Association; Tort and Insurance Section, Employment Practice Section, member
Tennessee Bar Foundation, fellow
Tennessee Bar Association, member
Kingsport Bar Associations, former president
Tennessee Supreme Court Access to Justice Commission, 2018–2020

Practice Areas

Employment Litigation, emphasis on Tennessee Workers' Compensation
Insurance Defense Litigation

ERISA Litigation
Mediation Services

Education

J.D., University of Tennessee College of Law, 1984

B.A., *high honors*, Political Science, University of Tennessee, 1981

A.A., *magna cum laude*, Martin College (now Martin Methodist College), 1979

Admissions

Tennessee, 1984

U.S. District Court for the Eastern District of Tennessee, 1986

U.S. Court of Appeals for the Sixth Circuit, 1992

Supreme Court of the United States, 2006