



EXPLICO

LAUREN TRYNOSKI

Project Manager

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, business accounting, 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

CONTACT INFORMATION

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EXPERIENCE

- **Explico**
Project Manager — 2023
- **Mintz Law Firm**
Paralegal — 2020-2022
- **Balaban Law LLC**
Paralegal — 2020
- **Varner Faddis Elite Legal, LLC**
Office Manager / Paralegal — 2018-2019
- **Larson & Larimer, PC**
Paralegal — 2014-2018
- **Bachus & Schanker, LLC**
SSDI & WC Department Manager — 2012-2014
- **The Olsen Firm**
Assistant / Paralegal — 2010-2012