



## **BENTON N. WOOD**

Partner

Orlando

407.541.0851

407.541.0887

### Service Focus

- Counseling and Advice
- Employee Leaves and Accommodations
- Employment Discrimination and Harassment
- Labor Relations
- Litigation and Trials

## OVERVIEW

Benton Wood, who is a partner in the firm's Orlando office, is Board Certified in Labor and Employment Law by the Florida Bar and he is a litigator who represents private and public sector employers in all aspects of labor and employment law.

With decades of experience under his belt, Benton has built his practice around his reputation as a trusted advisor to clients on a multitude of employment-related claims. Benton regularly represents public and private sector employers throughout Central Florida in employment arbitrations conducted under the rules of the American Arbitration Association (AAA), the Federal Mediation and Conciliation Service (FMCS) and the Florida Arbitration Code. He also represents management in other labor matters, including labor negotiations, impasse proceedings and unfair

labor practice litigation with the State of Florida Public Employees Relations Commission (PERC).

Benton is known to be a “fighter” on behalf of management, successfully defending employers through claims including sex discrimination, race discrimination, age discrimination, national origin discrimination, disability discrimination, unlawful retaliation, Family and Medical Leave Act (FMLA) violations, Fair Labor Standards Act (FLSA) violations, Equal Pay Act (EPA) violations, Whistle-blower retaliation, workers’ compensation retaliation, civil rights violations (including violations of the 1st, 4th and 14th Amendments to the U.S. Constitution), unpaid wage violations, breach of employment contracts, breach of settlement agreements, defamation, invasion of privacy, assault, battery, false imprisonment, intentional infliction of emotional distress, and negligent hiring.

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## Recent Experience

- Benton has been lead counsel in approximately 50 jury trials, more than 100 labor arbitrations, more than 100 non-jury/bench trials and approximately 50 appeals.
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## Credentials

### Education

- University of Miami School of Law, J.D., cum laude, 1992
- University of Florida, B.S., 1985

### Bar Admissions

- Florida

### Court Admissions

- Florida District Courts of Appeal
- U.S. Court of Appeals for the Eleventh Circuit
- U.S. District Court for the Middle District of Florida
- U.S. District Court for the Northern District of Florida
- U.S. District Court for the Southern District of Florida

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## Recognitions

- Recognized in *The Best Lawyers in America* (2009-2026)
  - Board Certified by the Florida Supreme Court in Labor & Employment Law (2001-present)
  - "AV" Peer Review Rated by *Martindale-Hubbell*
  - *Florida Super Lawyers* (2006-2010, 2016, 2018, 2020)
  - *Orlando Magazine*, Orlando's Best Lawyers (2010)
  - *Orlando Home & Leisure Magazine*, Orlando's Top Lawyers (2011)
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## Affiliations

### Professional Activities

- American Bar Association
- Former President, Central Florida Credit Association

### Community Activities

- Volunteer, Youth Coach for YMCA
- Volunteer, East Orange Babe Ruth
- Volunteer, Pop Warner

## INSIGHTS

### News

Jun 3, 2025

Brett Owens Earns Florida Bar Board Certification in Labor & Employment Law

### Event

May 2, 2024

Mid-Year Pulse Check: Is Your Workplace Thriving or Simply Surviving: Orlando

**News**

**Aug 20, 2020**

Fisher Phillips Attorneys Receive Top Honors in Best Lawyers in America©

**News**

**Aug 15, 2019**

Best Lawyers in America® Honors 96 Fisher Phillips Attorneys in 2020 Edition

**News**

**Aug 15, 2018**

Ninety-Five Fisher Phillips Attorneys Selected to The Best Lawyers in America 2019

**Event**

**Oct 19, 2017**

The Fine Art of Employment Law: From Compliance to the Courtroom