



**TAYLOR NELSON
SLATTERY BERNARD**
DRIVEN LAWYERS

Heather M. Frederick

Partner

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PRACTICE EXPERIENCE

Heather represents motor carriers, brokers, shippers, and commercial drivers in complex and high-exposure transportation matters, including catastrophic trucking accidents, cargo claims, regulatory compliance issues, employment disputes, and insurance coverage litigation.

What sets Heather apart is her perspective. Having previously practiced on the plaintiffs' side, she understands how claims are built, valued, and pursued. That insight now gives her clients a strategic advantage in defending serious transportation claims. Known for her sharp litigation skills and practical, business-minded counsel, Heather works closely with transportation companies to manage risk while protecting both their operations and their reputation.

Heather earned her J.D. from Florida Coastal School of Law, where she served on the nationally ranked Moot Court Honor Board and earned multiple national advocacy awards. She received her undergraduate degree in Political Science from Christopher Newport University.

Originally born in Hawaii and raised across the country as part of a Navy family, Heather now lives in Jacksonville, Florida with her husband and young son.