



Mia C. Larson

Associate
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Mia focuses her practice on labor and employment law. She has experience defending management in employment discrimination litigation, drafting and negotiating employment contracts and severance agreements, handling administrative claims, ensuring compliance with federal and state wage and hour laws, providing in-house training for supervisors, and representing management in labor and employment arbitrations.

Prior to joining Dinsmore, Mia practiced at a firm where she worked with clients ranging from local start-ups to higher education institutions to private companies of all sizes and in all industries. This accrued her experience and insight into the daily challenges employers face. She also worked as a senior staff attorney in a Florida appellate court, which helped refine her legal writing and advocacy skills, particularly in high-stakes, complex cases. These roles shaped Mia's clear, actionable advice and client-centered approach.

Mia aims to understand each client's business and workforce needs to equip employers with proactive strategies wherever possible. Clients appreciate her responsiveness, attention to detail, and ability to break down complex legal concepts into practical advice.

Outside of her practice, Mia spends time with her two golden retrievers, and enjoys exploring local parks and engaging in aerial fitness.

Services

- Employment
- Labor

Education

- University of Florida Levin College of Law (J.D.)
 - Florida Moot Court Team
 - Florida Journal of Law and Public Policy
- University of Florida (B.A.)
 - Economics

Bar Admissions

- Florida
- Ohio (PENDING)