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Hayden Lait has been in the private practice of law since 1975 with an emphasis on commercial, personal injury, and domestic relations litigation. He has been serving as a neutral in the capacity of a mediator and arbitrator since 1995. Until May, 2000 Hayden was certified as a Civil Trial Specialist by the State of TN Commission on Continuing Legal Education and Specialization and the National Board of Trial Advocacy. Due to the change in focus of his practice from litigation to serving as a neutral he has not maintained his certification. He was a Honorary & Emeritus Fellow of the American College of Civil Trial Mediators and served as President from 2005 to 2007. Hayden is a certified arbitrator and mediator by FINRA/ National Association of Securities Dealers. He is listed by the Tenn. Supreme Court as a Rule 31 mediator and is a member of the mediation panel for U.S. District Courts, Western District of TN. Since 1994, Hayden has participated in excess of 600 hours of mediation. He served as chairperson of the ADR Committee of the Memphis Bar Association for 3 years and co-chair of the Memphis chapter of the Mediation Association of Tenn. From 1997-2020 Hayden served as an adjunct professor at the University of Memphis School of Law teaching negotiation and ADR skills.

From 2003 to the present he has been selected by his peers for inclusion in the The Best Lawyers in America in the practice area of Mediation. From 2005 to the present he has been selected for inclusion in the Mid-South Super Lawyers in America in the practice area of Alternate Dispute Resolution. In 2014 he was selected as Best Lawyers' 2014-15 Memphis Mediation "Lawyer of the Year."

In 2002 he was appointed by the TN Supreme Court to the Alternative Dispute Resolution Commission and served on the training committee. He served as Commission Chairperson from January, 2006 to March, 2012 and chaired the Education committee from 2012-15. His term expired in December, 2015.

Hayden is a past president of the Univ. of Memphis School of Law National Alumni, of the Harbor Town Homeowners Association, and a past member of the board of directors of the Memphis Bar Association & Plough Towers. He is an Emeritus member of the Leo Bearman Inns of Court and of the Memphis Bar Foundation. From 2004 to the present he has served as part-time staff attorney Community Legal Center.