



Mobile: 314-313-9385
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PROFESSIONAL ASSOCIATIONS

- Missouri Supreme Court Rule 17 Civil Mediation Certified
- US District Court WDMO Category I Neutral
- The Association of Missouri Mediators

WORK HISTORY

U.S. Equal Employment
Opportunity Commission
2008-2025 ADR Mediator
1999-2008 Federal Investigator

St. Vincent DePaul Society
1997-1999 Career Development Counselor

EDUCATION

Saint Louis University
B.A. Psychology
Saint Louis University - School of Social
Work/School of Public Health

MEDIATION FEES

2-Party: \$225/hr each party
3-Party: \$185/hr each party
Additional rates upon request

PERSONAL

“I have lived in the St. Louis area most of my life, moving around when I was young because my dad was an active-duty Air Force recruiter. Married with three daughters, I have found that my negotiation and persuasive skills do not work very well at home. I am curious by nature, I love travel, music, and building/fixing things.”

JASON SPRANG

SPRANG DISPUTE RESOLUTION, LLC

Jason is a seasoned mediator who has extensive experience in resolving a wide range of disputes with an emphasis on employment-related claims to include the variety of interpersonal conflicts and other legal issues that often arise in the workplace. Jason brings 25 years of experience as a Federal Investigator and ADR Mediator with the U.S. Equal Employment Opportunity Commission to his mediation practice, having conducted over 2,000 mediations. Jason has established a reputation for working strategically with the parties and their counsel before, during, and after mediation conferences to better define the issues in dispute, evaluate settlement potential, and explore parties' interests in resolving claims. Through diligence and perseverance, creative approaches, and finding ways around impasse, Jason helps parties achieve settlement in even the most difficult negotiations. With a flexible mediation style, Jason is evaluative, patient, and empathetic – offering suggestions and advocating for parties to consider alternatives to litigation.

MEDIATION EXPERIENCE

- Employment Discrimination
- Sex and Race Harassment
- Disability/Accommodations
- Retaliation/Whistleblower
- Union Labor-Management
- Worker's Compensation (Retaliation)
- Wage & Hour/Misclassification
- Federal Sector
- State/Local Government
- Public Policy
- Landlord-Tenant
- Contract Disputes
- Debt/Collections

TRAINING & PRESENTING

In addition to completing advanced investigation and mediation training provided by the EEOC and other organizations, Jason is regularly requested to provide training for mediators, attorneys, and human resource professionals. Speaking engagements include the Missouri Bar Association MO SOLO Conference/CLE, Society for Human Resource Management (SHRM), National Industry Liaison Group (NILG), Association of Missouri Mediators, and the EEOC Technical Assistance Program Seminar (TAPS). Jason has provided routine mediation training for staff of the Missouri Commission on Human Rights, Nebraska Equal Opportunity Commission, Kansas Human Rights Commission, and has been a guest lecturer for mediation classes at Saint Louis University School of Law, Washington University Law School, and the University of Missouri Center for the Study of Dispute Resolution. During prior federal government furloughs (due to lack of appropriations), Jason served as a volunteer mediator resolving landlord-tenant disputes before the City of St. Louis 22nd Judicial Circuit Court.

Jason holds mediation sessions, facilitation, and speaking engagements virtually, hybrid, and in-person throughout the Midwest and nationwide.