



F3 Law

Michael Armstrong

Associate

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What can I solve for you?

With my contract review experience, I will ensure that clients enter agreements with a full and comprehensive understanding of the terms while mitigating legal risks, exposure, and negotiating favorable terms. Additionally, my ability to navigate highly regulated industries will ensure regulatory compliance and provide clients with an advantage in the complex and tightly governed sector of education.

What's it like to work with me?

I carefully approach work with a diligent mindset, meticulously analyzing all details and facts to deliver effective and precise solutions to clients' legal and business issues. My work ethic and attitude are anchored in proactivity and collaboration, with an emphasis on responsive and open communication. I strive not only to meet but exceed expectations. Empathy is an integral part of my work style and attitude and I ensure a thorough client-centric focus by paying attention to and understanding client needs. When combined with my diligent mindset this results in a comprehensive and compassionate approach to every client matter.



"I want to live in a world where harm is not systemic, where love organizes society, where the earth is respected, and where life is valued above all else."

"Inward" by poet Yung Pueblo

Overview

With a vast understanding of public policy, Michael Armstrong counsels K-12 and community college districts on a wide range of labor, employment and public agency governance matters.

Most recently, Michael served as in-house counsel for a large food and beverage manufacturer, handling a wide range of contracts and navigating complex business legalities.

As a staff attorney for the Honorable Patsy Gouldborne, J.S.C., in the Supreme Court for Bronx County, New York, Michael's legal research, writing, and dispute resolution skills were honed while resolving cases involving misdemeanor crimes and family issues. His time as a legislative aide in the New York City Council provided valuable insight into public funding, policy development, and the overall legislative process.

After his transition to employment law, Michael began investigating discrimination and harassment claims and sharpening his ability to simplify legal complexities for clients. Michael's legal career began in immigration law, advocating for clients facing deportation and securing legal status, providing a foundation for navigating complex government regulations.

Michael's experience equips him to assist clients with navigating complex employment issues, internal investigations and to effectively serve clients in governance, leadership, and public policy matters.



After School

A Bronx native, I crave both New York-style pizza and Jamaican fare like ackee and saltfish. My love for the outdoors makes L.A. ideal, with hikes in Laurel Canyon and Griffith Park a regular escape. Weekend adventures extend to Joshua Tree, the Grand Canyon, and Red Rock. Beach flag football on Santa Monica Beach keeps me active. Self-help books like “Marriage Be Hard” by Kevin and Melissa Fredericks inspire me, offering insightful humor for stronger relationships. Travel fuels my curiosity, with past journeys to Jamaica, Mexico, and Egypt leaving lasting memories.

Education

- Elizabeth Haub School of Law at Pace University (J.D.)
- Franklin and Marshall College (B.A., Political Science)

Admissions

Bar Admissions

- California
- New York

Related Services

- Business
- Real Estate & Property
- Facilities & Construction
- Employment Law
- Labor Relations & Negotiations
- Governance & Leadership