JEFF RYNOR

JEFF RYNOR, a native Floridian, is with Quintairos, Prieto, Wood & Boyer, P.A. He formerly founded Mitrani, Rynor, Adamsky & Toland, P.A., a civil litigation mid-size law firm. He received his undergraduate degree, with high honors and Phi Beta Kappa distinction, from the University of Florida. He earned his law degree from the University of Florida and received an LL.M. degree in Taxation from George Washington University.

Jeff is a civil trial lawyer specializing in complex matrimonial cases, real estate litigation, and corporate and partnership disputes. Jeff has handled cases representing national and international clients in Family Court, Federal Court, State Court, Probate Court, as well as before the Third District Court of Appeal and the Eleventh Circuit Court of Appeals. He has successfully defended lawyers in legal malpractice cases, defeated state and federal court injunctions and successfully represented Fortune 100 companies in commercial litigation.

Jeff has been named one of South Florida's "Top Lawyers" in the areas of civil litigation and matrimonial law in the "South Florida Legal Guide" and named one of Florida's Super Lawyers. He has been named one of Florida's Legal Elite and Power Leaders by the South Florida Business Journal. He has also been recognized by Martindale Hubbel as an AV rated Lawyer for ethical standards and legal ability.

Jeff was elected a member of the Board of Governors of The Florida Bar in 2018. Jeff has recently served as Chair of the Budget committee in which he successfully maintained bar dues without any increase. Jeff has also served for many years as the Chair of the Investment Committee, overseeing the assets to best ensure that the Florida Bar's dues are one of the lowest in the country.

Jeff's commitment to service to the legal profession includes his prior service on the Florida Bar's Grievance Committee and as Chair of the Florida Bar's Equal Opportunity in the Profession Committee which expands opportunities to increase access to employment, leadership, career advancement, and meaningful economic roles for all of Florida's lawyers. Jeff is the author of Comparative Negligence and Contribution in Florida "Contribution from Parties Otherwise Immune from Suit," the Florida Bar 4th Edition, CLE publication. In 2023, Jeff received the Florida Bar President's Award for his work as a member of the Special Committee on Greater Public Access to Legal Service.

Jeff has been President of the Miami-Dade County Bar Association, Chair of the Miami-Dade County Bar Association By-laws Committee, Member of the Editorial Board of the Miami-Dade County Bar Bulletin and the Chair of the Miami-Dade County Bar Association Matrimonial Law Committee. He has also served on the Board of the Young Lawyers Division of the Miami-Dade County Bar Association.

On May 30, 2024, Jeff was honored to receive the Pro Bono Award at Dade Legal Aid's Nuts and Bolts of Family law seminar.

In 2024, Jeff was honored to be named to the Miami-Dade Bar Circle of Excellence in Family law which "represents the pinnacle of recognition for legal professionals in Miami-Dade".

In 2025, Jeff was inducted into the Court Care Hall of Fame. This award recognizes a distinguished group of advocates who have dedicated themselves to shielding children from the trauma of family court proceedings.

On a local level in his community, Jeff was recognized by the Ronald McDonald House as one of South Florida's 12 "Good Men" and by the Miami News as one of Dade's "Good People". Jeff has been President of Big Brothers/Big Sisters of Greater Miami (for which he received national honors). Big Brothers/Big Sisters helps at risk young people develop into caring, competent and confident adults by pairing them with a "Big Brother" or "Big Sister." Jeff was a Big Brother to two boys for 13 years.

Jeff is on the Board of Directors of The Hebrew Academy and has served as Chair of the Board of Trustees for the Vizcaya Museum and Gardens Trust. Jeff has been President of Temple Emanu-El, the Vizcayans and the Miami Beach Senior High Alumni Association, and was inducted into the Miami Beach Senior High of Fame in 2004.

Jeff is happily married to Kayla (securities/transactional attorney and a member of a national law firm) for 33 years and they have four wonderful children, Helen (resident in radiology at the University of Florida in Jacksonville), Morgan (reporter for CBS in Miami), Sam (attending St. Thomas Law School), and Jack (attending Florida International University).