

Timothy M. Frey

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Overview

Tim consistently and routinely secures favorable outcomes for his clients on the legal matters most important to them, both inside and outside the courtroom. Tim understands and advocates not just for his clients' legal positions, but also for the people behind them. With over 15 years of experience in complex civil litigation, Tim has represented clients - from Fortune 100 companies to small family-owned businesses, individuals and everything in between - in complex litigation and arbitration matters in state and federal jurisdictions across the United States.

A true generalist, Tim's experience includes not only breaches of commercial contract, supplier disputes and corporate governance and valuation disputes, but also defamation claims, trade secret theft, products liability and employment discrimination.

Tim's versatility is evident in his track record. In a single year, he successfully obtained partial summary judgement for a voting machine company on a defamation claim against a public figure, defended an information services technology provider in a multi-million dollar arbitration arising out of an alleged breach of contract and warranty, successfully settled a ten-figure supplier agreement breach, and investigated, resolved and remediated the attempted theft of trade secrets by a former employee.

Tim's advocacy extends beyond the courtroom to include pre- and post- litigation counseling and representation to ensure his clients both know and exploit all legal options and arguments available to them. He recognizes that litigation is a stressful process for any client no matter their size, and focuses on ensuring that his clients are consistently supported, aware, informed and educated on their legal rights and options, taking into account their business needs and desires.

A large impact on Tim's approach and understanding of the litigation process derives from his clerkship for the Honorable Judge Joe Billy McDade of the U.S. District Court for the Northern District of Illinois, which he completed in 2011, before beginning his advocacy work. Following his clerkship, Tim honed his skills at Skadden in Chicago before joining Benesch to further expand his practice.

Outside of his active litigation practice, Tim is committed to nurturing new legal talent as co-chair of the Chicago office's Hiring and Litigation Hiring Committees. He also serves as a Board Member and Vice President of Esther's Friends, the Esther Viola Frey Memorial Foundation, which provides critical support to families of children facing long-term hospitalizations in Chicagoland. Tim's dedication to both his clients and community underscores his holistic approach to legal advocacy.

**Matter completed prior to joining Benesch.*

Representative Matters

- Represented a teledentistry company in a defamation suit seeking over $1 billion against NBC News. The suit stemmed from a news segment which the company felt contained false and misleading statements about its teeth-straightening products and caused a significant drop in its stock value.
- Represented a major fertilizer manufacturer against products liability claims arising out of a mass casualty accident in which its product was allegedly involved.*
- Represented the Special Committee of the Board of Directors of a major media conglomerate against claims for breaches of fiduciary duty in approving an LBO transaction preceding the company's bankruptcy.*
- Represented major pharmaceutical company in federal and state AG investigations and litigation related to opioid manufacturing and prescriptions.*
- Successfully settled state court action brought against a family-owned transportation company on claims for violation of non-compete and non-solicitation agreement.
- Obtained favorable settlement for enterprise software company in arbitration related to enforcing former executive's non-solicitation agreements.
- Won a partial motion to dismiss various state and federal law claims against a financial technology company on issues related to share valuation following C-suite employee departures.
- Defended an information technology services provider in multi-million dollar arbitration arising out of alleged breach of contract and warranty. Obtained an award in favor of the client following two-week arbitration.

Credentials

EDUCATION

- George Washington University Law School, 2010, J.D.
- Augustana College, 2007, B.A.

BAR & COURT ADMISSIONS

- Illinois
- U.S. District Court for the Northern District of Illinois
- U.S. District Court for the Central District of Illinois
- U.S. Court of Appeals for the District of Columbia

Awards & Recognition

- Listed, Benchmark Litigation, Future Star, 2027
- Named to Benchmark Litigation 40 & Under List, 2022-2027

News & Insights

- Benesch Named 2027 Highly Recommended Firm by Benchmark Litigation; 14 Attorneys Recognized, Including 4 First-Time Honorees
  October 30, 2026 | Press Releases
- Law360 Highlights Benesch's Major Defamation Win for Smartmatic Against MyPillow CEO
  September 30, 2025 | Media Mentions
- Four Benesch Partners Named to 2025 Benchmark Litigation 40 & Under List
  August 13, 2025 | Press Releases
- Benesch's Capuzzi, Frey and Primm Receive 2024 Benchmark Litigation 40 & Under Recognition
  August 7, 2024 | Press Releases
- Benesch Named Recommended Firm by Benchmark Litigation for 2024
  November 9, 2023 | Press Releases
- Capuzzi, Frey, and Primm Named to Benchmark Litigation 40 & Under List for 2023
  August 4, 2023 | Press Releases
- Four Benesch Attorneys Receive Benchmark Litigation 40 & Under Recognition
  July 28, 2022 | Press Releases
- Timothy M. Frey and Trevor J. Illes Mentioned in Chicago Daily Law Bulletin | "CDLB People"
  January 14, 2022 | Media Mentions
- Timothy M. Frey and Trevor J. Illes mentioned in Crain's Chicago People on the Move
  January 11, 2022 | Media Mentions

- Benesch's 13 New Partners featured in Law360 | "Benesch Friedlander Names 13 New Partners" January 6, 2022 | Media Mentions