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## Unsung Heroes 2024: Andrew Medeiros

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#### What is the best piece of advice you ever received?

The most impactful advice I've ever received was to "Learn the difference between when it is time to talk and when it is time to listen." This wisdom has been instrumental in my development both personally and professionally. It's a simple yet profound reminder that communication is a two-way street. It's not just about expressing your thoughts and ideas, but also about actively listening to others, understanding their perspectives, and learning from their experiences. This advice has helped me to become a better listener, a more empathetic individual, and a more effective communicator.

[Click here to read the full article in \*The Legal Intelligencer\*.](#)