Roger Mackey has mediated over 30 workers' compensation cases since retiring from a distinguished career as an insurance defense attorney in 2015. He enjoys mediating because it gives him the opportunity to keep abreast of the laws and help lawyers work out resolutions. During his legal career, Roger tried over 50 jury and over 200 bench trials to verdict. Roger joined the Travelers Staff Counsel Program in 1979 and handled Workers' Compensation, as well as Personal and Commercial Lines liability matters in Virginia, the District of Columbia and Maryland. In 1992, Roger was promoted to Workers' Compensation Group Leader, and in 1996, he was promoted to Managing Counsel of the Chantilly Staff Counsel office. In addition to his role of Managing Counsel, Roger served as a Regional Trial Appellate Lead for Staff Counsel from 2012 to 2015.

Roger began his career as a Claims Adjuster and Supervisor with Geico Insurance. Roger then attended the University of Baltimore Law School and upon graduating in 1975 he entered private practice. He was in private practice for 5 years and handled misdemeanor and felony matters, wills and trusts, foreclosures, bankruptcies, as well as family law and personal injury cases.