



Stirling New Orleans

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W Gaines Seaman

Senior Advisor

ABOUT

Gaines Seaman serves as a Senior Advisor with Stirling's commercial real estate team and has specialized in landlord and tenant representation of office space for over 18 years. His inventory includes over 1.2 million square feet of Class A & B space comprised of the Heritage Plaza building, 110 Veterans Memorial Blvd. and 3330 N. Causeway Blvd. in Metairie, Louisiana, and the Pan American Life Center in the Central Business District of New Orleans, LA.

Notable lease transactions include Northwestern Mutual, Merrill Lynch, Halliburton, DXC Technology, Pan-American Life Insurance Group, Freeport-McMoRan, Postlethwaite & Netterville, Audubon Engineering, Bourgeois Bennett, Wegmann Dazet, LaPorte, Carr Riggs & Ingram, Lugenbuhl, McGlinchey Stafford PLLC, Morris Bart, Thompson Coe, and Jackson Lewis.

Since joining Stirling in 2008, Gaines has received many company and industry awards, including the Overall Top Producer Award from the New Orleans Metropolitan Association of REALTORS (NOMAR) Commercial Investment Division (CID) for the highest volume of sales and leases in the greater New Orleans area.

Gaines has served on the Board of Lighthouse Louisiana and numerous committees within Metairie Park Country Day School.

Mr. Seaman is from New Orleans and has a BBA from the University of Mississippi with an emphasis in Marketing.