



# Lauren C. Fricke

## Attorney

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**“I focus on delivering thoughtful, customized solutions through a thorough and personal approach. By taking the time to truly understand my clients and their businesses, I strive to craft strategies and provide legal advice that aligns with each client’s unique goals.”**

Lauren Fricke is a transactional attorney on Miller Nash’s business & corporate team. She advises clients through all stages of corporate growth, with a practice spanning contract negotiations, technology transactions, and mergers and acquisitions. Her clients range from emerging local businesses to established national and international organizations.

Lauren brings a dual background in law and business, holding both a J.D. and an M.B.A. This combination enables her to offer strategic, practical guidance aligned with each client’s goals. She prioritizes building strong client relationships to gain a clear understanding of their needs and deliver effective, results-driven solutions.

Before joining Miller Nash, Lauren practiced at a Pacific Northwest law firm where she focused on local startups and middle-market M&A transactions. During law school, she gained experience as a law clerk at several local firms and as a legal intern at a publicly traded SaaS company.

### Professional Activities

- King County Bar Association
- Washington State Bar Association

### Publications

- “Data Protection & Privacy 2026 Practice Guide | USA - Washington,” Chambers and Partners (Mar. 2026)
- “The Long-term Problem with Electric Vehicle Batteries: A Policy Recommendation to Encourage Advancement for Scalable Recycling Practices,” *Seattle Journal of Technology, Environmental & Innovation Law*, Vol. 12: Iss. 1, Article 2 (Jan. 2022)

### Personal Activities

Outside of the office, Lauren enjoys playing soccer, skiing at Crystal Mountain, and trying new restaurants in Seattle.

### Education

J.D., Seattle University  
School of Law, 2022

- Lead Article Editor,  
*Seattle Journal  
of Technology,  
Environmental, and  
Innovation Law*

M.B.A., Seattle University,  
2017

B.A., Seattle University,  
psychology, with honors,  
2016

### Bar Admissions

Washington, 2022