



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

- “Oregon — Privacy Overview,” *OneTrust DataGuidance*, Guidance Note (Apr. 2026)
- “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)

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

Personal Activities

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