

About the Speakers:

Heidi Seligman

Heidi has been with the Lawyer Services Department at WSBA since January 2011. She's been working in the mental health field since 1991, received her Master's in Counseling from Seattle University in 1996 and became licensed in 2003. In the Lawyers Assistance Program, Heidi provides individual therapy addressing issues such as anxiety, depression, work/life balance, stress management and career transition/job seeking skills. Additional specialties include lifestyle change, self-care and weight loss/emotional eating issues. Heidi has developed a work/life balance group called "From Surviving to Thriving", which meets on a weekly basis at the Lawyers Assistance Program and focuses on exploration and strategy-development for dealing with this topic.

Lovely Dhillon

Lovely Dhillon is the Special Assistant to the Director, U.S. Program Advocacy and Policy at the Bill & Melinda Gates Foundation. Ms. Dhillon works with the Director in developing team strategy, goals, learning and process to further the foundation's advocacy and policy work in the United States. Prior to joining the foundation, Ms. Dhillon served as the President of the Law School Consortium Project, a national collaborative of law schools, law firms, legal aid and public interest organizations providing an innovative approach to increasing the affordability and accessibility of legal services to low and middle income communities.

Ms. Dhillon has also worked as a district attorney prosecuting domestic violence and hate crime cases, as the Executive Director of the California Minority Counsel Program, and as a securities litigator with Bingham McCutchen LLP. Ms. Dhillon serves on the Yale Law School Executive Committee, the National Council on Crime and Delinquency and Indus Women Leaders (co-founder; Board of Trustees).

Ritee Parikh Sponsler

Ritee Sponsler manages public events and educational programs for the ACLU of Washington, drawing from her background in both law and communications. She implemented the organization's comprehensive Continuing Legal Education (CLE) program, which serves public interest attorneys, engages young lawyers, and encourages pro bono service. Ritee, who received her law school's Commencement Award for Outstanding Leadership and Service, is in her third year of leading the CLE Committee for the Young Lawyers Division of the Washington State Bar Association. She is committed to public service and professional development.

Ritee earned her JD from University of San Francisco School of Law, where she was Student Bar Association President and served as the graduate student representative to the USF Board of Trustees. A two-time fellow of the USF Center for Law & Global Justice, Ritee examined the treatment of Haitian refugees in the Dominican Republic and taught human rights to Tibetan refugees in India. In addition to her JD, Ritee holds a Bachelor of Science in Communication Studies from New York University, magna cum laude. When she's not planning events, these days Ritee can be found running a part-time solo practice in estate planning, probate, and family law. A surprisingly fun project.