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Fred Helm

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Fred Helm's practice focuses on lobbying the General Assembly and state government procurement. Fred provides successful procurement strategies in technology, health care, insurance, contracting and other areas. He advises clients concerning state agency priorities, the State Corporation Commission, regulatory matters, and effective business approaches.



He testifies before the General Assembly and communicates well with the executive branch, using strong relationships developed over 25 years of private sector experience. Fred served as an in-house legal and procurement counsel and lead lobbyist in a large state agency.

Prior to his state government practice, Fred practiced law as a commercial litigation attorney at a large law firm. He also served as a law clerk for a federal judge and as a legislative assistant to a member of Congress.

Fred served as Chair of the Lottery Board and formerly served on the Board of Directors of the National Council for Adoption. He is recognized in Virginia's Legal Elite and Best Lawyers in Virginia. He currently serves on the Board of Trustees of Shenandoah University. Fred graduated from the University of Virginia and obtained his law degree from William & Mary.

Life at Kemper

- Over 25 years of experience in Virginia state government relations
- Specific expertise in procurement strategy and administrative solutions with state agencies
- Practice focuses on financial services, health care, insurance, telecommunications, and complex legislative disputes

Life Before Kemper

- Legislative Assistant for a Congressional representative
- Law Clerk for a federal judge
- Commercial litigation attorney

Professional Life

- Recognized in Legal Elite and Best Attorneys
- Served two terms on the Virginia Lottery Board and two-years as Chair
- Licensed attorney in Virginia

Life Outside of Kemper

- Serves on the Board of the Shenandoah University
- Camping and fishing enthusiast
- Currently chasing after two teenage sons