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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 30 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 was 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. Fred lives in Richmond, VA with his wife and in his free time enjoys camping and fishing.