

Kristi Helgeson

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Specialty

I am a life coach specializing in gifted, dyslexic and twice-exceptional individuals and their families. My work focuses on helping my clients identify, develop and nurture their unique strengths and talents. Informed by current neuroscience and positive psychology principles, we work together on self-understanding, cementing positive self-identity, personalized learning and educational models, integrating technology tools into everyday life, making informed life choices, identifying dreams and goals and taking incremental steps to reach them, strengthening self-advocacy and executive functioning skills, and connecting to peers, mentors, experts and communities.

Education

University of Washington – Juris Doctor, 1997; Bachelor of Arts, 1993

Experience

- Founder, Parent Coach & Forum Moderator, Twice-Exceptional Parent Support Group, Seattle Country Day School Since 2011
- Advisor, Dyslexic Advantage Since 2015
- Board Member, Dyslexic Advantage 2012 to 2015
- Advisor, Dyslexiaville Since 2013
- Co-Producer & Contributing Editor/Writer, The Super d! Show, Dyslexiaville 2013 to 2016
- CEO, Web Developer, Activity Prompt & Parent Education Content Creator/Writer, Dyslexiaville 2013 to 2016
- Trustee & Scholarship Committee Chair, Mortar Board/Tolo Alumni Foundation 2013 to 2015
- Parent Council President, Seattle Country Day School 2012 to 2013
- Trustee & Governance Committee Member, Ashesi University Foundation 2009 to 2016
- Member, Social Skills Committee, Lowell Elementary 2009 to 2010
- Board Member, Business Volunteers for the Arts 2001 to 2002
- Scholastic Standards Committee, University of Washington School of Law 1996 to 1997

Teaching & Mentoring

- Parent Coach, Writing and Handwriting Without Tears 2010 to present
- Negotiation Competition Judge, University of Washington 2016 & 2010
- Parent Coach, Wired for Reading 2010 to 2014
- Adobe & Women Committee 2010 to 2013
- President, Washington Women Lawyers 2002 to 2003
- Diversity Work Group & Mentor, Preston Gates & Ellis LLP 2002
- Lecturer, Intellectual Property, University of Washington 2001
- Summer Associate Program Mentor & Associate
Retention Task Force, Stoel Rives LLP 2000
- Host Parent, University of Washington ESL Programs 1999, 2000 & 2001
- Graduate Teaching Assistant, Environmental Law,
University of Washington 1994 to 1995
- Graduate Teaching Assistant, Women and the Law,
University of Washington 1993
- Summer Program Assistant Director & Volleyball
Instructor, The Northwest School 1991 to 1992
- Freshman Interest Group Leader/Peer Advisor, University
of Washington 1990
- Executive Committee & Counselor, Girls State 1989 to 2001

Personality Assessments

- Myers Briggs Type Inventory: ENFP, "The Champion"
- StrengthsFinder: Futuristic, Ideation, Strategic, Command, Learner
- 360Reach Personal Brand Attributes: Intelligent, Collaborative, Confident, Likable, Organized, Socially-Conscious. Skills: Communicating, Relating to Others/Building Relationships, Negotiating, Solving Problems, Organizing, Developing Ideas, Seeing Details

Professional Development

- Building Key Executive Functioning Skills, Ellen Galinsky, Understood Webinar 2016
- Learning How to Learn, Dr. Barbara Oakley & Dr. Terrence Sejnowski, Coursera 2016
- Tapping into the Power of Emotional Intelligence to Better Engage with Clients and Colleagues, Pause, Inc. 2016
- Special Education Law in California, Practising Law Institute 2016 & 2015
- Invited Attendee, Learning Ally Spotlight on Dyslexia Conference 2015
- Invited Attendee & K-12 Education Break Out Session Facilitator, Conference on Dyslexia and Innovation 2014
- How to Learn Math, Dr. Jo Boaler, Stanford Online 2014
- Epsilon Camp Parent Program on Gifted & Talented Development, Homeschooling & Social Emotional Growth 2013 & 2014
- Various Assistive Technology presentations by Jamie Martin 2014, 2015, 2016
- What Every LD Student Should Know Going Back to School, David Flink, Dyslexic Advantage Webinar 2014
- Miller Memorial Symposium: Exploring the Intersections of International Human Rights and Disability, University of Washington School of Law 2014
- Invited Attendee, Conference on Dyslexia and Talent
- 4Wrightslaw Conference 2013
- Teaching Math to Dyslexic Students, Dr. Steve Chinn, Dyslexic Advantage Webinar 2013
- Mindfulness Training, Adobe 2013
- Mindset & Math Without Anxiety, Dr. Jo Boaler, Dyslexic Advantage Webinar 2013
- Communicating Up, Down and Across the Organization, Adobe Corporate Training 2013
- Management Essentials, Adobe Corporate Training 2012
- Supporting the Emotional Needs of the Gifted (SENG) Conference 2011
- Parent Education Program, North Seattle Community College 2009
- Parent Program, Washington Homeschool Organization Convention 2007

Negotiation & Advocacy

- Strategic Alliances Deal Lawyer, Adobe 2010 to 2013
- Trustee, View Ridge Community Council 2008 to 2010
- Technology & Intellectual Property Lawyer, Preston Gates & Ellis 2000 to 2009
- Delegate, The White House Project Go Run Political Leadership Training 2005
- Delegate, Trade Mission to Japan, Japan America Society of the State of Washington 2000 & 2001
- Litigation Attorney, Stoel Rives, LLP 1998 to 2000
- Director, Office of Legislative Affairs, University of Washington 1990 to 1991

Professional Memberships

- National Association of Gifted Children, Premier Member
- Supporting the Emotional Needs of the Gifted, Professional Member
- Davidson Institute for Talent Development Educators Guild
- Northwest Gifted Child Association
- Dyslexic Advantage, Premium Member
- International Dyslexia Association & Washington Branch, Professional Member
- Washington State Bar Association, Active Member

Honors & Awards

- Volunteer of the Month, Adobe February 2012
- Top Licensing Lawyer, Washington CEO Magazine 2008
- Board Member of the Year, Washington Women Lawyers 2001
- Outstanding Young Lawyer, King County Bar Association 2001

References

- Personal & professional references available on request