



KAREN L. HELGESON

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PRACTICE AREAS

- + Litigation
- + ERISA Litigation
- + Employment Law

EDUCATION

- J.D. | UNIVERSITY OF IOWA
COLLEGE OF LAW
Iowa City, IA
- B.A. | WELLESLEY COLLEGE
Wellesley, MA // Geology and
International Relations

"My first responsibility is to listen to my clients, so that I understand their goals and specific circumstances — ensuring we have the information necessary to achieve the best possible outcome."

Karen engages her litigation talents across a wide array of case types. She appears on behalf of clients who seek all types of relief or assistance, including short- and long-term disability benefits from insurers, workplace accommodations from employers, restraining orders from courts that halt certain activities or limit unwanted contacts, and contract remedies arising within formal business relationships.

Karen built her skill set while working within the Minnesota state court system. Her years of experience interacting with judges and administrators, analyzing legal arguments, and observing litigation from a neutral point of view bear directly on her work as a litigation, ERISA, and employment law attorney at Hellmuth & Johnson.

"I understand what works and what doesn't when people present themselves to a judge, agency, or other decision-maker," observes Karen, "and I became an attorney with Hellmuth & Johnson to apply the knowledge and skills that I gained in service of the court system on behalf of those who need advocates." In her role, Karen helps clients identify the necessary processes to advance their aims, and then works closely with them to craft meaningful and practical resolutions to disputes.

"In litigation, you often have only a few opportunities to present your arguments and point of view to the decision-maker," explains Karen, "and I know how to make those chances count."

Karen is licensed to practice law in the Minnesota



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state and federal courts.



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