



**Pamela Helman**  
**Attorney**  
**Little**

Pamela Helman is an experienced labor and employment attorney. She advises both large and small employers in a broad range of labor and employment matters, including non-competition and non-solicitation agreements, wage and overtime, discrimination and harassment, disability and accommodation and other day-to-day HR questions. She also drafts employment policies, handbooks and agreements and trains management and employees on various legal issues.

Pamela has represented clients before federal and multiple state courts, and before administrative agencies. She is licensed in California, Pennsylvania and West Virginia, and is in the process of obtaining her license in Washington.