

Resume Kris Cappel, JD

Profile

Kris Cappel is a principal at Seabold Group, an investigation consulting firm specializing in public- and private-sector workplace investigations, forensic accounting, and civil and criminal litigation support. Since joining the firm in 2000, Kris has conducted hundreds of workplace investigations, working with inhouse and outside counsel to address allegations ranging from public corruption and embezzlement to harassment, retaliation, and discrimination.

Prior to joining Seabold Group, Kris practiced law for 11 years. As a prosecutor with the U.S. Attorney's Office for the Eastern District of New York, she was responsible for investigations and prosecutions involving murder; assaults; drug and gun trafficking; tax, credit card, and bank fraud; immigration offenses; bribery and kickback schemes; and public corruption. While an associate at two San Francisco law firms, she focused on employment law, complex commercial litigation, and auditor liability.

Experience

Principal, Seabold Group, Seattle, WA, 2000-present

Investigation practice focused on conducting public- and private-sector workplace investigations involving a broad range of matters.

Principal, Law Offices of Kris Cappel, Salt Lake City, UT, 1999–2000

Represented Division 1 coaches in contract negotiations and NCAA enforcement matters.

Asst. U.S. Attorney, U.S. Attorney's Office for the Eastern District of New York, Brooklyn, NY, 1995—1999

Member of the Violent Criminal Enterprise Unit, responsible for investigating and prosecuting non-traditional organized crime involving murder, racketeering, illegal narcotics, fraud, extortion, kidnapping, and gun trafficking.

Associate, McCutchen Doyle et al., San Francisco, CA, 1991–1994

Litigation practice concentrated in the areas of employment law, securities fraud, auditor liability, and complex business litigation.

Associate, Thelen Marrin et al., San Francisco, CA, 1989–1991

Litigation practice concentrated in the areas of employment law and product liability.

Law Clerk, Hon. Judith Billings, Utah Court of Appeals, Salt Lake City, UT, 1988–1989

Representative Workplace Investigations Performed

- Discrimination Claims against Public School Administrators
- Ethics Complaints against Elected Officials
- Sexual Harassment Complaints against a Sitting Mayor
- Multi-million Dollar Embezzlement by the CEO of a Large Private Company
- Sexual Assault Claims against the CFO of a Public Company
- Theft and Corruption Allegations against an Assistant City Attorney
- Procurement Fraud Involving a Local Transportation Agency
- Hostile Work Environment Claims against Correctional Officers
- Disability Discrimination Claims by a Senior County Employee
- Citizen Complaint of Abuse against a Day Care Worker
- Retaliation Claims against an Athletic Director
- Email and Internet Misuse

Representative Workplace Investigation Trainings Conducted

- Conducting Workplace Investigations, a multi-day training for a Fortune 50 technology company and local city and county agencies
- Developed an investigation manual and accompanying forms and templates

Education

- BA, Political Science, Weber State College, Ogden, UT, 1984
- JD, University of Utah College of Law, Salt Lake City, UT, 1988
 - o Order of the Coif
 - O Utah Law Review, Associate Editor 1987–1988; Staff 1986–1987
 - o AmJur Award Government Regulation
 - Teaching Assistant Constitutional Law
 - o William A. Leary Scholar, 1986–1988

Professional Licenses / Memberships

- Washington State Bar (active)
- Utah State Bar (active)
- California State Bar (inactive)
- Washington State Private Investigator License #1292
- Association of Workplace Investigators
- Society for Human Resource Management