

# Women's History Month | Women to Watch: Selen Vining

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**In our fourth issue of Women to Watch, we spotlight Selen Vining – a workers' compensation attorney in MGC's Charlotte office.**

Florida convert Selen Vining started her career as a workers' compensation adjuster while studying at the Stetson University College of Law in Gulfport. Since joining MGC's Charlotte office nearly a decade ago, she's not only grown her practice in the insurance defense industry – "I am passionate about my work and love what I do," she adds – but she's advocated on behalf of women as a committee member of WIN @ MGC.

"I have already seen [this initiative] accomplish a great deal since it started a year ago," says Selen. "I hope it continues the dialogue of how we can better understand the differences that women and men face in the workplace, and how to support each other." As diversity and inclusion efforts rise to the top of corporate significance, open dialogue has shown to be the catalyst for change. "MGC is open, listens and is always willing to do better," she adds.

As a mother of two and full-time attorney who is powered by her hard work and determination, Selen bonds the stresses faced by women in the legal industry with the challenges working women encounter across the board. "The difficulties in juggling it all," she recounts. "Being there for your children, partner, making your clients feel they are a priority and taking care of yourself."

"My most influential mentor is [the firm's] own Sally Moran. She has been an extraordinary example to me of what a successful female lawyer with a family looks like. She has guided me through my practice and supported me. She has given me advice and has not been afraid to be straight with me when I needed it. Women lawyers in a firm dynamic do need the support of other women, especially those that have greater seniority."