



Michael Seton

Solicitor Director, Seton Family Lawyers

Michael grew up in Umina Beach on the Central Coast and earned an academic scholarship to attend Central Coast Grammar School. Upon completing the HSC, and being accepted into a medicine degree, he made the last-minute gut decision to study law at the University of Sydney.

Michael graduated with a Bachelor of Laws and Bachelor of Science (Psychology) and began practising law with a national firm in Sydney. Several years later, Michael completed his Master of Laws and in 2017 was endorsed by The Law Society of NSW as an Accredited Specialist in Family Law. In 2024, he was appointed to the Law Society's Family Law Specialist Accreditation Advisory Committee. Michael is admitted as a solicitor in both the Supreme Court of NSW and the High Court of Australia, meaning he can appear in any NSW or Commonwealth court or tribunal.

Michael has 20 years of legal experience, most notably as co-founder of award-winning firm Ryan & Seton Lawyers. In 2022, Michael founded Seton Family Lawyers – a firm focused on helping families through all matters involving family law and associated criminal law. Specialising in family law, criminal law, dispute resolution and advocacy, Michael draws on his formal training in psychology to take a uniquely people-centred approach to his family law practice and leadership style.

Understanding the emotional strain inherent in family law practice, Michael developed the Ironbark Initiative in 2023. This adaptable wellbeing and gratitude program is dedicated to supporting legal professionals by addressing the unique mental health challenges they face.

His leadership skills extend beyond Seton Family Lawyers and is a dedicated secretary and committee member of the [Central Coast Law Society](#), and a member of The University of Sydney's Human Research Ethics Committee. He also proudly maintains a current posting of Flight Lieutenant and Legal Officer as a specialist reservist with the Royal Australian Air Force.

When he's not at work, Michael likes to keep fit and active. He loves running all distances and made his marathon debut in Berlin in 2017. He's also an enthusiastic cricketer and enjoys his ongoing association with the mighty Terrigal Matcham Cricket Club. Michael is a father of three young children who keep him on his toes (often literally as the proclaimed "dance dad"), and husband to his wife who's the most intelligent person he's ever met.

Michael has been honoured with prestigious awards that recognise his excellence and commitment to the legal industry, as well as his dedication to championing mental health within the profession. This includes being awarded [Lawyers Weekly Family Law Partner of the Year](#) and [The Law Society of New South Wales](#) Wellbeing Champion of the Year in 2024. He's



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also achieved numerous other awards and finalist nominations within Employer of Choice and Wellness award categories.



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