



## **Kate Cigrand**

Senior Benefits Counsel  
Foster & Foster  
Kansas City, Missouri

---

Kate Cigrand is Senior Benefits Counsel at Foster & Foster, where she advises on compliance and regulatory matters impacting defined benefit, defined contribution, and health and welfare plans.

Prior to her current role, Ms. Cigrand held positions in both the public and private sectors focused on employee benefits compliance. She served as an investigator with the U.S. Department of Labor's Employee Benefits Security Administration (EBSA) and previously was a partner at a law firm representing multiemployer benefit funds.

Ms. Cigrand earned her Juris Doctor, with distinction, from the University of Iowa.