

Influential Women Features Whitney Lundy Pennington: Championing Families Through Law And Permission To Become™

ABINGDON, VA, UNITED STATES,
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The Founder of The Pennington Law Firm in Abingdon, Virginia, Combines Empathy, Courtroom Experience, and Client-Centered Service in Family Law and Estate Planning

Abingdon, Virginia – Whitney Lundy Pennington, J.D., is the founder of The Pennington Law Firm, where she provides client-focused legal representation in family law and estate planning. Licensed to practice in Virginia since 2012, she advocates for individuals and families navigating divorce, child custody, child support, equitable distribution, and estate planning matters. Since founding her firm in 2022, she has emphasized

compassionate, strategic, and responsive counsel. She has also worked to modernize the client experience through personalized service and informed advocacy. Her practice reflects a steady belief that families facing difficult transitions deserve both skilled representation and genuine care.



Whitney's foundation in the law was built through education and hands-on courtroom work. She earned a Bachelor of Arts in English from Virginia Intermont College before completing her Juris Doctor at Campbell University's Norman Adrian Wiggins School of Law. There, she graduated with distinction, contributed to the Campbell Law Review and the Campbell Law Observer, and developed a strong grounding in trial advocacy. From 2012 through 2016, she practiced law in a general practice and also spent time as a Magistrate in Northern Virginia. She began solely practicing family law at a boutique firm in Northern Virginia, gaining extensive experience in juvenile, domestic relations, and circuit courts. She later served as an Assistant Attorney General

with the Virginia Division of Child Support Enforcement, representing the Commonwealth in the establishment, enforcement, and modification of child support obligations.

Her time in public service gave Whitney a broad view of how legal decisions shape family life. Representing the Commonwealth in child support cases showed her how much stability depends on fair, well-prepared outcomes. When she launched her own practice in 2022, she carried that perspective into every client relationship. Today, her areas of focus include family law, divorce and custody, child support law, trial advocacy, and litigation. She draws on her courtroom background to prepare each matter thoroughly, while her emphasis on responsive service keeps clients informed and supported at every stage.

Whitney attributes her success to a genuine commitment to helping people solve complex problems during some of the most difficult moments of their lives. She also credits the unwavering support of her family, whose encouragement has kept her grounded and motivated. The best career advice she received came during law school, when she was encouraged to present herself with polish, confidence, and professionalism. That guidance taught her that first impressions often open doors and reinforced the value of preparation and credibility throughout her career.

For young women entering the legal profession, Whitney encourages confidence and resilience, particularly in traditionally male-dominated environments. She advises them to stand their ground, set clear personal and professional boundaries, and advocate for themselves without hesitation. She also stresses the importance of balancing the emotional demands of the work with personal well-being and developing healthy ways to cope. Above all, she believes thorough preparation, hard work, and knowledge earn the respect of clients and colleagues alike.

Whitney sees one of the greatest challenges in family law as guiding clients through emotionally difficult transitions such as divorce, custody disputes, and family conflict. These cases call for compassionate guidance alongside practical legal advocacy. She also notes that younger women practicing in more conservative, male-dominated communities may need to work harder to establish credibility. At the same time, she sees a significant opportunity in pairing empathy with strong representation and in modernizing the client experience through responsive, client-centered service.

Her values of compassion, empathy, authenticity, integrity, and service guide both her professional and personal life. She believes in helping people through hard circumstances with practical advice, thoughtful advocacy, and real care. She also places great importance on strong family relationships, meaningful community involvement, balance between work and home, and staying true to her principles. Her work has been featured in *International Business Times*, *Woman's World Magazine*, and *The National Law Review*. Her firm has received multiple honors for advocacy, client satisfaction, and community service, including recognition as Abingdon's Law Firm of the Year and Best of Abingdon in consecutive years. She has also appeared as a guest speaker on the podcasts *Entrepreneurs on Fire* with John Lee Dumas and *From the Ground Up*.

with John Boitnott. She will also be appearing on Inside Success TV on their show Mompreneurs.

After years of walking alongside individuals and families during some of the most uncertain and transformative moments of their lives, she began to recognize a universal truth: change is not confined to a courtroom, a career, a relationship, or a single defining moment. At some point, nearly everyone finds themselves in the uncomfortable space between the life they knew and the life they are becoming.

That realization became Permission to Become™.

Permission to Become™ is Whitney's growing platform for honest conversations, content, and resources surrounding life transitions, grief, identity, reinvention, and the often messy process of becoming. Rather than presenting transformation as a perfectly mapped journey, Whitney encourages people to embrace the uncertainty that comes with change and to permit themselves to evolve beyond who they thought they were supposed to be.

Through Permission to Become™, Whitney is expanding the work she has done throughout her career: helping people move through difficult chapters with compassion while reminding them that change can also create space for something new.

Whitney's work with Permission to Become™ will also be featured in a chapter of a forthcoming book, scheduled for release in late 2027 through Amazon and other major book distributors, where her ideas on navigating life's transitions, identity, and personal transformation will be explored.

Beyond her professional career, Whitney is deeply involved in her community. She serves on the Board of Trustees for Morrison School and the Foundation Board of Virginia Highlands Community College. She remains active in her church as a member and worship leader and supports local youth sports and community events. Each of these commitments reflects the same spirit of service that shapes her legal practice.

Through her firm, her public service, and her community leadership, Whitney has shown that strong advocacy and genuine empathy can work hand in hand. Licensed in Virginia and rooted in her Abingdon community, she brings both legal skill and personal commitment to every case. She continues to help families move through life's most challenging transitions with clarity and dignity through both her legal practice and Permission to Become™. Whitney Lundy Pennington remains dedicated to serving her clients and community with integrity, compassion, and unwavering professional commitment.

Learn More about Whitney Lundy Pennington:

Through her Influential Women profile: <https://influentialwomen.com/connect/whitney->

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Pennington Law Firm Facebook Profile: <https://www.facebook.com/p/The-Pennington-Law-Firm-PLLC-100076947669054/>

www.penningtonlawfirmva.com

Permission to Become Facebook Profile:

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