



Lauren Knox

Property Administrator

NAI Puget Sound Properties

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Scope of Responsibilities

Lauren Knox is the Property Administrator for the Management Services division and was formerly the Accounting Manager with over 20 years of property management experience under her belt. She takes care of many key responsibilities for the Management Team at NAI Puget Sound Properties, including forecasting, analysis, reporting, budgeting, and operational support. She carries out tasks related to general account management with extensive experience in the operations-oriented role; and consults with property owners and clients regarding their assets.

With an extensive background in accounting and operations management, Lauren is a highly analytical individual that exhibits strong attention to detail. Additionally, she is an effective communicator and a self-motivated individual who likes to get things done.

Among the things she enjoys most about her role is the variety of the work and the opportunity it provides to meet different people in different industries. Driven by the idea of supporting collective growth and success, she appreciates being able to work independently while functioning as a key contributor on a team and feels that NAI PSP's management division is successful because each team member's individual specialties and strengths are brought together to support client needs at all levels.

Lauren originally joined the NAI PSP team when the management division was formed in early 2018, having come over with Lee Shepherd whom she's been working with since 2012. She took a break in 2023 to refocus her interests and then returned to NAI PSP in 2024 in a more operational oriented role. At NAI PSP, she likes the creative environment and atmosphere of collaboration that the company provides. She finds it rewarding to be a part of a team that meets deadlines and devises smart solutions on behalf of each of their clients.

Lauren was initially introduced to commercial real estate while in college. A Seattle University graduate and long-time Seattleite, Lauren enjoys spending her free time with her husband and daughter. Together, they created the 14k Racing Team and currently compete in local auto endurance road races.

Background & Experience



NAI Puget Sound Properties (2017 - Present)

Shephard Commercial Real Estate (2012 - 2017)

Tetra Property Management (2002 - 2012)

Educational Background

Bachelor of Arts, English Literature - Seattle University