Julie A. Seton was raised in Santa Fe and went to Las Cruces for college, where she has lived for over forty years. She earned her Ph.D. in Rhetoric and Professional Communication from New Mexico State University. Her doctoral dissertation described a system that analyzes messages for their potential to promote social action. Dr. Seton's areas of expertise include interpersonal and technical communication, operational analysis, and strategic planning.

She owns a small communication consulting business and manages the Ernest Thompson Seton Institute, a non-profit organization. She travels extensively in the US and abroad giving talks about her grandfather, E. T. Seton. Additionally, Julie is an avid volunteer. She is a Fellow of the Military Operations Research Society, and an adviser for the Dona Ana Community College Film and Media Arts program. She is an active member of Temple Beth El in Las Cruces, InfraGard, and the Boy Scouts of America

Julie is married, has two grown children and two grandchildren.