



Rachel Catt

Rachel Catt is president of the Colorado LGBT Bar Association and serves on the board of the Colorado Women's Bar Association.

PROFILE

Hometown:

Lafayette, Colorado

Law School:

The George Washington University Law School, Washington, D.C.

Lives in:

Denver, Colorado

Works at:

Law Office of Rachel Catt, LLC

Practice Area(s):

Family Law

CBA Member Since:

2010

Why did you become a lawyer?

I began law school with the desire to fight discrimination against the LGBT community, women, people of color, and other marginalized communities. After law school I moved to San Francisco to start my legal career, and quickly learned there were many highly qualified young attorneys vying for public interest positions. I channeled my passion to family law, where I knew I would still be able to make a difference. I've truly enjoyed practicing family law for nearly two decades and have happily found I'm able to serve marginalized communities through pro bono efforts.

What do you like best about your practice area?

There's no lack of human interest in family law. Every family, every client, every fact pattern is different. I like guiding clients through one of the most challenging times of their life. Family law matters are stressful enough. Tactics can be employed to allow the matters to be addressed fairly while minimizing negative repercussions. I take the time to understand the client motivations, which drives resolution without having client cases jeopardized. When I first meet clients, they are usually shaky, teary, and worried. However, by the time we finish our work, their spines are straight again and they're often able to establish and maintain meaningful family relationships.

What's on your desk right now?

My desk right now has a range of cases and projects that span from high-conflict divorces to PC/DM matters and prenup agreements. One of the tremendous benefits of having practiced family law for so long is that I'm able to meet the needs of clients across many different points in their lives.

What is one of the most positive experiences you've had as a lawyer?

In my role as president of the Colorado LGBT Bar Association, witnessing Governor Polis sign the conversion therapy ban and Jude's Law was extremely rewarding. In my role as a domestic relations attorney, the most positive experiences have happened when I'm able to help a client come to a resolution with key family relationships still intact. I believe that resolution through mediation makes this outcome more likely.


How do you find work/life balance?

When I'm home with my wife and kids, I'm home with them. I know that my time with our children is fleeting. I try to remember that someone else can do each of my other jobs, but I am the only mommy to my girls. I've also found that the power of investing 30 to 60 minutes in myself each day to meditate, walk, pray, read for leisure, or talk to a friend is deeply energizing and increases productivity.

Outside of the law, what are your hobbies?

Raising my two daughters. This inherently means that over the last decade I have had passing hobbies that include everything from hamster-raising to gymnastics to all types of arts and crafts. With free time of my own, I enjoy reading, music, theater, and travel.

Who is your hero and why?

RBG. I admire her parenting, sense of humor, writing, grit, longevity, and ability to be in relationship with those who oppose her. Her legacy impacts not only the communities I strive to support with my own efforts, but also society as a whole. Her impact is truly immeasurable. 

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