

Cecilia Garrett Balances Legal Practice, Professional Associations With Family Life

The [Hamilton County Herald](#) recently published "[Garrett Masters Art of Staying Busy](#)," featuring Cecilia Garrett's practice and how she manages a full, diverse schedule. In the article, Cecilia discusses how various internships influenced her path to litigation law and how she balances her career with spending time with her family.

Here's a snapshot from the article:

Given the pressure cooker in which associates are placed as they begin to practice law, Garrett is accustomed to people asking her what it's like to be married to another attorney. Do they both work a lot of hours? Do they have trouble finding time to spend together? Is it difficult to win an argument?

Garrett always has her answer at the ready. Essentially, she says, being married to Parker is great for many reasons, not the least of which is his choice of career.

"He has a unique ability to understand what I do all day. He gets it when I have to be here to prepare for a trial. And he's able to take our kids to day care and pick them up every day, which allows me to be here when I need to be. He just gets the unique stress of practicing law."

Of course, as Garrett is prone to do, she's found ways to make the practice of law busier than her cases already do. In addition to serving as the membership chair of the local chapter of the Federal Bar Association, she's a member of the Southeast Tennessee Lawyers' Association for Women, the Young Lawyers Division of the Tennessee Bar Association and the American Bar Association.

Read the full Hamilton County Herald article, "[Garrett Masters Art of Staying Busy](#)."

Cecilia Garrett is an associate in the litigation section. She assists individuals, families, and businesses in a variety of industries, such as transportation and logistics, health care, and manufacturing. Cecilia frequently represents clients in familial disputes, contract disputes, collections, bankruptcy filings, landlord/tenant disputes, and other commercial litigation matters, and assists with employer issues related to workers' compensation, and construction law-related issues. She is a member of the American Bar Association, the Chattanooga Chapter of the Federal Bar Association, the Southeast Tennessee Lawyers Association for Women, and the Young Lawyers Division of the Tennessee and Chattanooga Bar Associations. For more information on her practice and experience, visit [Cecilia's bio](#).