



Women's History Profile - Tracey Coates

By

Meet Tracey Coates, Family Law attorney and podcaster extraordinaire, who works closely to understand the family dynamics of her clients and strives to find a structure that is successful. She handles a variety of domestic relations matters, including pre-marital agreements, divorce and separation, child custody, child support modification, enforcement of court orders and agreements, adoption, and guardianships. When she's not slaying it in the courtroom, she is hosting the informational hit podcast, *The Divorce Chronicles*. If you are embarking on that journey or interested in the topic, you'll want to subscribe and listen.

Be sure to follow Paley Rothman to see more stories from the women who make Paley Rothman one of the best!

What is your advice to young women who are looking to pursue a career in the legal field?

Don't allow others to put a value on your self-worth. I think as women, we often wait for others to recognize and applaud our professional efforts instead of being vocal about what we bring to the table. Be your own advocate – no one else is going to do it for you.

What influenced you to pursue a career in the legal field?

Prior to attending law school, I grappled with pursuing other professions. I have always had a passion for empowering others to help themselves. I'm always rooting for the "underdog." There is nothing more gratifying than watching someone overcome life's challenges. In my opinion, one of the most powerful tools in which to do that is as a legal advocate.

What is your favorite thing to do outside of work?

One of my greatest joys in life is being a mom. My kids are extremely active, in part, because I have so much fun watching them participate in activities they love and enjoy. However, on the rare occasions that my husband and I get to indulge in an occasional date night, one of my absolute favorite things to do is to go dancing. Music completely transforms my mood and relieves the stress of any day!



**Tracey
Coates**

Principal

Words you live by?

It's so much better to fail being yourself than it is to succeed being someone else. Embrace who you are – your strengths and your weaknesses. So often people define who they are by other people's expectations and perceptions of who they think we should be instead of who we truly are!

