



Andrea M. Hall

Andrea Hall is an attorney, speaker, author, and coach. In 2016, she became a certified equine gestalt coach. She and her horses are working with lawyers, couples, and people who have been involved in the legal system to help bring peace and balance into their lives.

PROFILE

Hometown:

Minot, North Dakota

Law School:

University of North Dakota

Lives in:

Eaton, Colorado

Works at:

Hall Law Office, LLC and
Withers Whisper, LLC

Practice Area(s):

Criminal Defense

CBA Member Since:

2015

What is the greatest challenge you face in your practice?

My greatest challenge is separating myself from the client and not getting emotionally attached to the outcome. At the beginning of my career, this seemed much easier, but as the years went on, I really struggled watching the system fail my clients time and time again. I’ve seen the erosion of the Constitution on a daily basis over the last 14 years, and I’ve struggled to separate myself from the system to protect my own mental and emotional sanity. I’m now on a mission to help others in the profession sustain balance, find what makes their heart sing, and improve their mental and emotional health.

How do you find work/life balance?

For a long time, I had no clue what that looked like. But after being diagnosed with a brain tumor and having emergency brain surgery, I learned quickly that life is short and can be taken away at any time. Now I take more personal time. I meditate more. I look at my to-do list and decide which tasks to do, dump, or delegate. I also check in and ask myself, “Would this really matter if I died tomorrow?”

Outside of the law, what are your hobbies?

I’m a certified equine gestalt coach, so I spend as much time with my horses as I can. I’m also a personal growth junkie, so I am constantly learning, reading, and figuring out how to improve who I am and what I have to offer to the world.

What is your favorite place to escape to in Colorado?

I enjoy spending time on our 48-acre ranch, where I can see the mountains, feel the breeze on my face, take in the fresh country air, and relax and just be with our horses. We have eight horses who are always ready for some kisses and a good massage. I never knew that driving a tractor and picking up bales could be so fun and relaxing!

What do you consider your greatest achievement?

I actually have two. After moving to Colorado after graduation, I couldn’t find a job that allowed me to do strictly criminal defense work. So I decided to open my own law practice. Looking back, I think I must have been very young and naïve because I am not sure I would have the guts to do that now. The second is surviving my brain tumor and choosing a different path in life, which is very scary when the only thing you ever thought you were going to be was a lawyer.

What advice would you give a new lawyer?

Learn to take care of yourself and make things outside your career or your law practice a priority. Spend time with family and friends. Go to your kids’ hockey games. Turn off your work phone and email when you leave work. Set boundaries and stick to them. “No” is a full and complete sentence. Most important, don’t forget how to be a kid and HAVE FUN! 

Do you know a CBA member who should be featured in Under Oath? Email nominations to Sue Bertram at sbertram@cobar.org.