10 QUESTIONS | MEGHAN M. AVILA, MEGHAN AVILA LAW, PC

'Preserving family legacies': Napa attorney works to create estate plans to 'protect what matters most'

By Jennifer Huffman | Dec 14, 2025



Meghan M. Avila is the attorney and owner of Meghan Avila Law, PC in Napa. Meghan Avila/Courtesy photo

Attorney Meghan M. Avila has been practicing law for 11 years, and one year ago, she opened her own practice in Napa.

“I help clients create comprehensive estate plans that protect what matters most — safeguarding loved ones, preserving family legacies, minimizing taxes, and preparing for incapacity,” explained Avila. Her goal is to provide clear guidance through every step of this complex process, she wrote.

“I find deep satisfaction in helping families protect their loved ones and ensure their wishes are honored,” Avila said.

1. What was your childhood ambition?

To be a florist and run my own flower shop.

2. What was your first job?

I was a coffee barista at Paradise Bakery at the Northgate Mall in Terra Linda (San Rafael).

3. What job would you like to try/not try?

Try: Architecture — designing spaces that bring people together feels a lot like estate planning: both create something lasting and meaningful.

Not try: Any job without human connection. I thrive on relationships and stories, not data alone.

4. How did you get into the legal industry?

I loved my wills and trusts class in law school. It piqued my interest. A personal experience showed me how unprepared families can be during loss. I wanted to make that process more compassionate and clear. Guiding clients toward peace of mind became my calling.

5. What do you love or like best about what you do? Why?

There's something meaningful about giving people peace of mind about their legacy and their family's future. Every estate plan tells a story about what someone values and cares about. Understanding clients' goals, family relationships, and what they want their legacy to be involves real human connection, which I love.

6. What is the biggest challenge your industry has faced?

I think one of the biggest challenges that estate planning attorneys face is helping people see that estate planning isn’t just for the wealthy — it’s an act of love and protection. The hardest part is getting families to start the conversation early.

7. What’s one thing Napa could do to help local businesses or the economy?

Napa could assist by fostering collaboration between professionals a bit more. When local experts work together — from vintners to attorneys — the entire community benefits.

8. If you could change one thing about your industry, what would it be?

Simplify the legal process. Law can feel intimidating; I believe clarity and empathy should come first.

9. What’s something people might be surprised to know about you?

I competitively Irish danced for six years and hold dual EU citizenship — my father is from Derry, Northern Ireland.

10. What is one thing you hope to accomplish in your lifetime that you haven’t yet?

I hope to mentor young women entering law — helping them as they balance career and family while finding meaningful purpose in their work — support that's more crucial than ever.

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