

Paula Davis

Founder and CEO, Stress & Resilience Institute



Paula Davis is a former practicing lawyer, speaker, consultant, media contributor, and a stress and resilience expert who has designed and taught burnout prevention and resilience workshops to thousands of professionals around the world.

Davis left her law practice after seven years and earned a master's degree in applied positive psychology from the University of Pennsylvania. As part of her post-graduate training, Davis was selected to be part of the University of Pennsylvania faculty, teaching and training resilience skills to soldiers as part of the Army's Comprehensive Soldier and Family Fitness program. The Penn team trained resilience skills to more than 40,000 soldiers and their family members.

Davis will be publishing her first book with the Wharton School Press (University of Pennsylvania) on March 16, 2021. It's titled *Beating Burnout at Work: Why Teams Hold the Secret to Well-Being & Resilience* and is about burnout prevention using a teams-based approach. In addition, she will be co-teaching a new reading seminar about resilience and leadership at Harvard Law School starting with the Spring 2021 semester.

Her expertise has been featured in and on *The New York Times*, *O, The Oprah Magazine*, *The Washington Post*, and in many legal publications. Davis is also a contributor to *Forbes*, *Fast Company*, and *Psychology Today*.

Davis is the Founder and CEO of the Stress & Resilience Institute, a training and consulting firm that partners with law firms, corporate legal departments, and organizations to help them reduce burnout and build resilience at the team, leader, and organizational level (stressandresilience.com). You can reach Paula Davis at paula@stressandresilience.com.