

Paula Davis-Laack

Founder and CEO, Stress & Resilience Institute



A lawyer goes Army Strong...

On June 24, 2009, **Paula Davis-Laack** left her law practice to go back to school and start a new business. She had burned out over the course of a year, and that experience sparked a desire to develop strategies for busy professionals to build their resilience to stress. That interest led her to the University of Pennsylvania's master of applied positive psychology program where her researched the science of resilience and studied under the leading experts in the field.

Davis-Laack received her post-graduate training working for the University of Pennsylvania teaching and training resilience skills to soldiers in the U.S. Army and their spouses as part of the Army's Comprehensive Soldier and Family Fitness program. Her training team trained more than 25,000 soldiers in five years. It was life changing to be part of such a meaningful program and to work with her real-life heroes.

Entrepreneur, speaker, trainer, writer...

Once the Army project ended, Davis-Laack was able to re-devote her time and efforts to her business full-time, teaching and translating the science of stress, resilience, and well-being into workshops, e-books and blog posts, speaking programs, and train-the-trainer programs for busy professionals in healthcare, the legal profession, and many other helping professions.

Davis-Laack's work is regularly featured on her blogs in *The Huffington Post*, *Forbes*, *Psychology Today*, and *Fast Company*. She is the author of three e-books: *10 Things Happy People Do Differently*, *Addicted to Busy: Your Blueprint for Burnout Prevention*, and *STRONG: Stress Relief Strategies When You Have 10 Minutes or Less*. Davis-Laack will be co-authoring a chapter about the efficacy of teaching burnout prevention and resilience skills to medical students in the forthcoming book, *Relational and Appreciative Practices in Healthcare*. Davis-Laack is also authoring a chapter about resilience in a forthcoming book on well-being in the legal profession to be published by the American Bar Association.

Davis-Laack's expertise has been featured in and on *O*, *The Oprah Magazine*, *Redbook*, *Time.com*, *Today.com*, *Women's Health* magazine, The Steve Harvey TV show, Huffington Post Live, and a variety of media outlets.

Professionally, Davis-Laack is the Founder and CEO of the Stress & Resilience Institute, a training and consulting firm that partners with law firms, healthcare, and other organizations to identify and address burnout and increase the well-being and stress resilience of their workplaces. Davis-Laack regularly publish e-books, blog posts, and e-courses for busy professionals to disseminate her STRONG strategies: **STress Resilience ON the Go**.

Motherhood and more...

In her favorite role of all, Davis-Laack is mom to a happy, silly, and beautiful toddler named Lucy Tess. Her love of sports, regular exercise (particularly kickboxing), and her faithful companions, golden retrievers Sadie and Zoey, help her manage the chaos. Davis-Laack remains devoted to her sports teams, the Green Bay Packers and Chicago Cubs, even when they test her resilience.