

Paula Davis

Founder and CEO, Stress & Resilience Institute



Paula Davis JD, MAPP, 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.

Paula 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, Paula 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.

Paula is the author of *Beating Burnout at Work: Why Teams Hold the Secret to Well-Being & Resilience*, which is about burnout prevention using a teams-based approach. It is published by the Wharton School Press at the University of Pennsylvania. *Beating Burnout at Work* has been nominated for best Spring 2021 book by the Next Big Idea Club, which is curated by Adam Grant, Susan Cain, Malcom Gladwell, and Daniel Pink.

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

Paula's website is www.stressandresilience.com, and you can reach her directly at paula@stressandresilience.com.