



Stress and Resilience Institute Founder and CEO Paula Davis, JD



Founder and CEO of the Stress & Resilience Institute, a training and consulting firm that partners with 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 a 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 team-based approach. *Beating Burnout at Work* was 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. In addition, her book was the #1 best-selling title in 2021 for her publisher, the Wharton School Press.

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

Paula is a guest lecturer for the Wharton School Executive Education programs. Paula is also a two-time recipient of the distinguished teaching award from the Medical College of Wisconsin. Paula's website is www.stressandresilience.com.