

## DAVID N. SHEARON, JD, MAPP



Dave Shearon helps individuals and organizations improve performance and increase personal satisfaction by mastering a set of skills proven that enhance resilience, increase optimism, develop leadership, promote strong relationships and generate motivation and effective goal setting. Dave primarily works with individuals and organizations in the fields of law and K-12 education.

### Law

Dave is President of Thriving Lawyers Institute ([www.thrivinglawyers.org](http://www.thrivinglawyers.org)), and a principal in LawyerStrong, LLC. Thriving Lawyers Institute presents CLE-accredited training for lawyers to meet the unique challenges to well-being inherent in the practice of law. LawyerStrong conducts multi-day resilience training for law firms. Dave speaks regularly at CLE programs in Tennessee and other states. Participants in his programs report substantial gains in personal and professional effectiveness. His online courses have been accredited in multiple states including Tennessee, Texas, New York, Illinois, Kentucky and Alabama.

Dave provides positive-psychology-based mentor training for Tennessee's Lawyer-to-Lawyer mentoring program. Dave has provided workshops for law schools including Vanderbilt University, the University of Tennessee and George Washington University. In 2010, he taught 2-credit course entitled "Positive Psychology for Lawyers" at the Radyzner School of Law, Interdisciplinary Center, Herzliya, Israel.

### K-12 Education

Dave is co-author of *Smart Strengths: Building Character, Resilience and Relationships in Youth* ([smartstrengths.com](http://smartstrengths.com)). Dave and co-author John Yeager have provided training and resources for teachers, principals and superintendents in programs both within schools and for programs such as the Principals Leadership Academy Nashville operated by Vanderbilt University, the Superintendents Study Councils of the Graduate School of Education, University of Pennsylvania.

Dave received his Masters in Applied Positive Psychology from the University of Pennsylvania in 2006, his Juris Doctor from the University of Virginia in 1979, and his Bachelor of Science in Journalism from the University of Tennessee in 1976. He and his wife, Teresa, live in Nashville, Tennessee.