

COLLEEN L. BYERS, BA, JD, MBA, RYT200

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www.linkedin.com/in/colleenbyersconflictresolution

Certified Mediator | Certified Executive Coach | Trainer | Yoga & Mindfulness Teacher

PROFESSIONAL EXPERIENCE

Colleen Byers Mediation, LLC

Founder and CEO

Winston-Salem, North Carolina

July 2021 – Present

- Facilitate difficult conversations among key stakeholders to de-escalate conflict, improve collaboration, and drive performance;
- 81% settlement rate when utilizing interest-based negotiation skills to resolve disputes and improve collaboration;
- Coach and train professionals to:
 - Communicate powerfully for influence and impact;
 - Navigate high stakes conversations with confidence and ease;
 - Resolve conflict;
 - Lead change;
 - Develop executive presence;
 - Engage, develop and retain employees;
 - Build high-performing teams;
 - Transform debilitating overwhelm into elite performance; and
- Teach yoga and mindfulness techniques to high achieving professionals so they can find peace in their brilliant, overactive brains.
- [“3 Steps to Facilitate Difficult Conversations & Improve Communication.”](#) Featured Guest on the #1 Negotiation Podcast - Negotiate Anything.

Bell, Davis & Pitt, P.A.

Equity Partner

Associate Attorney

Collaborative Attorney and Certified Mediator

Winston-Salem, North Carolina

Jan. 2015 – July 2021

Aug. 2008 – Dec. 2014

- Counseled individuals, leaders, and business owners to use non-traditional conflict resolution methodologies to repair relationships and de-escalate conflict;
- Supported parties to develop their own, sustainable solutions to intractable problems through an interest-based negotiation model;
- Leadership role in launching a Diversity, Equity and Inclusion Committee;

Wake Forest University School of Law

Adjunct Professor of Law

Winston-Salem, NC

Spring 2019

- Co-designed and co-taught Legal Theory in Action, a Global Externship course for law students in field placements throughout the U.S. and Europe.

- Equipped law students with the practical and soft skills needed to serve their clients, lead their teams, and engage with their community.

PROFESSIONAL HONORS & RECOGNITION

- [Lawyer of the Year](#) by NC Lawyers Weekly Leaders in the Law (2020)
- Best Lawyers in America (2020, 2023)
- Chamber of Commerce Winston Under 40 Leadership Award (2017)
- North Carolina Super Lawyers (2023)
- North Carolina Super Lawyers, Rising Star (2016, 2017, 2018)
- *Business North Carolina* magazine Legal Elite, Young Guns (2016 – 2018)

CERTIFICATIONS

Certified Executive Coach, Center for Executive Coaching (Oct. 2022) (125 hours)

NC DRC Certified Superior Court Mediator, NC Dispute Resolution Commission (2018 – Present)

Registered Yoga Teacher, RYT200, Yoga Alliance (December 2018 - Present)

EDUCATION

Creighton University School of Law, Omaha, Nebraska
Juris Doctor, May 2008, *cum laude*

Creighton University, Omaha, Nebraska
Master of Business Administration, May 2008
Bachelor of Arts in History and Spanish, May 2005, *summa cum laude*

PUBLICATIONS

[“Micro Mindfulness for Modern Lawyers.”](#) NC Bar Association (May 2022)

[“Five rules to maintain your calm within the storm of lawyering.”](#) NC Lawyers Weekly (Aug. 2019)

“A Non-Traditional Approach to Conflict Resolution,” [The Defender](#), NC Association of Defense Attorneys (June 2019)

“Compassionate Conflict Resolution,” Winston-Salem Yoga Festival Wellness Guide (Mar. 2019)

[“Work Worth Doing: Alternative Dispute Resolution.”](#) NC Bar Blog, Dispute Resolution Section (Nov/ 2018)

PRESENTATIONS

“Trick or Treat: Handling Spooky Situations Under the Mediation Rules and Standards of Conduct,” (Oct. 2022)

“Facilitating Difficult Conversations,” (Oct. 2022)

“The Competitive Advantage of Mindfulness in Dispute Resolution,” (August 2022).

“The Competitive Advantage of Lawyer Well-Being,” (June 2022).

“Are You Talking But No One Is Listening? How to Have Effective Workplace Communications,” (Feb. 2022).

“Hardwired: What Our Experiences Can Teach Us About Managing Stress and Anxiety,” (Feb. 2022).

“Finding Your Path to Well-Being,” (Feb. 2022).

“Effective Facilitation for Collaborative Attorneys,” (Feb. 2021).

Lead course designer of inaugural 14-hour virtual Collaborative Law continuing legal education training (Feb. 2021).

“Watch Out! Malpractice Avoidance, Claims Repair & Ethical Considerations,” (July 2020).

“Lawyer Well-Being in the Time of COVID,” (April 2020).

“Breathe: Put Your Own Oxygen Mask On First,” (Jan. 2020).

“Thrive: Creating Well-Being Amidst the Challenges of Lawyering and Life,” (Feb. 2019).

“Negotiation Skills and Effective Advocacy in Mediation and Arbitration,” (July 2019).

“Practical Techniques for Being the Calm within the Storm,” (June 2019).

“Hindsight is Always 50/50: Common mistakes and pitfalls across various practice areas,” (Feb. 2018).