

ATTORNEY & MEDIATOR



Lana M. Shearer

Empathy and compassion are perhaps not the adjectives that spring to mind when describing the attributes of an attorney. Most people tend to think of lawyers as aggressive and arrogant “hired guns” that we pay to “fight for us” and “win at all costs.” However, attorney and mediator Lana M. Shearer believes that approaching a problem with empathy, compassion, and a desire to understand, will lead to a superior outcome for all involved. Mediation provides this approach, and is a far more effective and efficient method to resolve most disputes between people than any courtroom battle. Every disagreement involves at least two people, and there exists strong emotions and fears that lie beneath the surface—that are actually the driving force of the dispute. These emotions and fears are not addressed in the courtroom. Litigated cases take years to resolve, polarize those who are involved, and inevitably leads to long-term, intense animosity between the parties.

Ms. Shearer is a trained mediator who facilitates discussions, and negotiations, between the parties in a dispute and assists them to *work together* to both define the problem and the underlying issues, as well as brainstorm potential resolutions that are uniquely tailored to their situation. Mediation involves helping each party *listen* to the opposing parties’ position, without the obligation to agree with that position, and provides each party the *opportunity to be truly heard and understood*. The process of working together fosters compromise and cooperation, and serves to repair relationships so that the parties may work together more successfully in the future (as is often necessary). Although Ms. Shearer works primarily with couples going through a divorce, the mediation process is effective to resolve any type of dispute; whether it be employer-employee, business related, real estate, probate/estate, etc.

Lana practiced primarily litigation from 1999 to 2014 in a variety of areas including: family law, estate planning, worker’s compensation, and employment law. It is her personal observation that litigation brings out the worst in people, and is stressful beyond measure to all parties, including the attorneys and witnesses. Lana opened her Law and Mediation

practice in Elk Grove in 2014, to focus on her passion for mediation and cooperative methods of dispute resolution.

Lana was raised near Linden, CA, a small rural town approximately 40 miles South-East from Elk Grove. Her parents still live in the house where she grew up, and they have been married for over 50 years. “My parent’s marriage is an amazing testament to the rewards that can result from a life-long commitment to each other and to the family, and how beautiful and fulfilling your marriage can be. It does not happen by accident or luck; it takes hard work, determination, and sacrifice to stay married to the same person for 50 years”. My parents instilled in my brother and I the importance of maintaining a good sense of humor. You cannot take yourself too seriously. There is always, *always*, something to smile about no matter how dismal things may seem at the moment. Laughter truly is the best medicine.

Lana graduated from Linden High School and moved to Sacramento to attend California State University, where she received her Bachelors of Science Degree in Criminal Justice, with Honors. She then attended

Law School at the University of the Pacific, McGeorge School of Law, with the intention of becoming a District Attorney. Her focus shifted from criminal law, after her experiences of working in both a Criminal Defense Attorney’s private law practice and then an internship with the District Attorney’s Office.

Lana and her husband of nearly 15 years, CJ, moved from Sacramento to East Elk Grove in 2003, when the first of their two sons was born. Although Elk Grove has a population of over 163,000 people, Lana and CJ have always enjoyed the “small town” feel and the close circle of friendships that they have created over the past 13 years. It is a daily occurrence to run into families that they know at the grocery store, restaurants, and kids sporting events around town. Lana and CJ moved their family to Wilton, CA in 2011, to raise their boys so they can enjoy freedoms that are not often found within City limits such as; climbing mature trees, fishing and boating in their own pond, riding dirt bikes, and having air-soft battles in their back yard. The best part of living in Wilton, is that it has the wide open and quiet feel of country living, combined with a wonderful close knit community, and it is only a 15-minute drive into town.

Family photo by Bruce Robinson Photography, brucerobinsonphotography.com.



My parents instilled
in my brother and
I the importance of
maintaining a good sense
of humor. You cannot
take yourself too seriously.
There is always, *always*,
something to smile about
no matter how dismal
things may seem at the
moment. Laughter truly
is the best medicine.