

TROY D. SHELTON

FIRM: Fox Rothschild, *Raleigh*

HOMETOWN: Midway (Davidson County)

UNDERGRAD: Duke University

LAW SCHOOL: UNC School of Law, 2014

PRACTICE LAW: 10 years



FAMILY: Married my high school sweetheart, Molly. We have two boys and a girl, ages 5, 3 and 1.

NEW YEAR'S RESOLUTION: I started doing Brazilian jiu-jitsu with my son. Unlike anything I've done before. I'm hoping we keep it up in 2024.

GO-TO STRESS RELIEVER: Prayer, journaling and exercise to reduce stress in my soul, mind and body.

BIGGEST RISK: Choosing to focus nearly exclusively on appellate work. I knew if I was going to continue being a litigator, this would be my path.

COMFORT FOOD: Detroit-style pizza.

FAVORITE NORTH CAROLINA HANGOUT: Sitting on the beach, watching the waves roll in and out.

BBQ – EAST OR WEST?: Lexington-style barbecue. Everything else is just pulled pork with vinegar.

BEST PROFESSIONAL ADVICE: Being a lawyer is stressful, so it's important to learn the difference between the things you can control and the things you can't. Deal with the things you can control and let go of the things that you can't.

ALTERNATE CAREER: I'm terribly jealous of novelists and short story writers.

2024 MILESTONES: A decade of lawyering.

DEFINE SUCCESS: For me, professional success is getting to do work that I enjoy without it taking away from time with my family.