

## WINSTON WELLNESS

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# Winston is Known for Our Culture of Care and Commitment to Well-Being

The firm offers a wide range of resources to help our people achieve peak personal and professional performance.

### WELL-BEING COACHING

Attorneys and senior business professionals have access to personalized, one-on-one coaching sessions with the firm's Director of Coaching and Well-Being. These customized sessions help our people achieve peak performance through meditation training, stress reduction, enhanced work-life integration, and learning to set better boundaries.

### WELLNESS PROGRAMMING

Winston offers regular, firmwide educational programming covering topics ranging from stress management and meditation to learned optimism and how to form good habits. During monthly *Wellness Wednesday Sessions*, attorneys and professional staff practice meditation, deep breathing techniques, emotional freedom technique (EFT), and progressive muscle relaxation.

### MENTAL HEALTH SUPPORT

Throughout the firm, we have more than 70 business professionals who are certified Mental Health First Aid Responders. They have received training on how to recognize the signs of a potential mental health challenge or substance abuse issue and offer effective support and resources.

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“Winston prioritizes attorney well-being and offers opportunities to learn different strategies and outlets for managing this important part of a legal practice.”

JOHN SECARAS, CHICAGO ASSOCIATE

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### 24/7 WELL-BEING RESOURCES

Through Winston's partnership with Headspace, you have free, on-demand access to hundreds of guided meditations and mindfulness exercises.

### CONTACT

**Diane Costigan**, Winston & Strawn's Director of Coaching and Well-Being