

## Winston Professionals Speak at NALP's 2018 Professional Development Institute

NOVEMBER 30, 2018

Winston & Strawn professionals will speak at NALP's [Professional Development Institute](#) on November 30 in Washington, D.C. This annual conference brings together law firm and law school professionals for a discussion on trends in professional development, key issues facing the legal industry, and proven programs for lawyers and law students.

Director of Coaching Diane Costigan and Director of Diversity & Inclusion Sylvia James will lead a panel titled "Coaching: A Powerful Tool to Enhance Diversity & Inclusion Initiatives." The session will address implicit to explicit bias, internal blocks for diverse lawyers that can impact how they are perceived by others, as well as, their confidence, engagement, technical performance, stress levels, and overall success. Panelists will also discuss an individualized approach to coaching, including the ability to eliminate blocks, create a safe, objective, and confidential space. Diane will also co-lead a mindful meditation session.

1 Min Read

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### Related Locations

Washington, DC

### Related Regions

North America

### Related Professionals

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Diane Costigan



Sylvia James