

Diane Costigan Discusses Winston's Wellness Initiatives with MLA's *Erasing the Stigma* Podcast

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In the high-stress, fast-paced law firm world, lawyers are known to be overwhelmed with the workload and yet ignoring their declining mental health. Winston & Strawn has taken an extremely proactive approach to employee well-being and is deeply committed to providing its team members with the resources they need to be healthy and to thrive.

Winston's Director of Coaching and Well-Being Diane Costigan was featured on the March 2, 2020, episode of Major, Lindsey & Africa's (MLA) *Erasing the Stigma* podcast. During the episode, Diane shares how Winston has helped raise awareness, increased support, and introduced resources within the firm to improve the overall well-being of lawyers and staff.

Listen to the full episode [here](#).

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Diane Costigan