

# Impacts of COVID on Lawyer Well-Being: Skyrocket or Setback

DECEMBER 3, 2020

Since the ABA's groundbreaking study, lawyer well-being programs have been on the rise. Enter COVID-19, which made well-being programs an overnight priority while, at the same time, forcing budget cuts to those same programs. Law firms had to act fast and navigate their new financial constraints to support lawyers and staff who found themselves unexpectedly working from home and dealing with isolation, homeschooling, and other challenges. On December 3, Diane Costigan—Winston & Strawn's Director of Coaching and Well-Being—joined a panel discussion at the 2020 Professional Development Institute, which explored the impact of COVID-19 on well-being programs and identify lessons organizations can carry into the post-COVID era.

This event was co-sponsored by NALP and ALI CLE in collaboration with the Professional Development Consortium.

Register [here](#).

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1 Min Read

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Diane Costigan