

# The National Conference on Lawyer Well-Being

APRIL 7, 2021

On April 7, Diane Costigan—Winston & Strawn’s Director of Coaching and Well-Being—spoke on “Addressing Current Strategies: Putting It All Into Practice” at [The National Conference on Lawyer Well-Being](#). During the discussion, Diane highlighted the various resources available at the firm including:

- Winston’s Mental Health First Aid Program
- The Calm App
- Winston’s Monthly Mindfulness/Meditation Pop-Ups, Wellness Wednesdays, and Well-Being Themed Webinars
- Individual and Small Group Well-Being Coaching
- Ongoing Stress Management and Reduction Programming and Support

Learn more about our wellness initiatives [here](#).

Less Than 1 Min Read

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## Related Locations

New York

## Related Regions

North America

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Diane Costigan