

# Well-Being Week in Law 2021: How To Be Resilient, Healthy & Successful

MAY 3, 2021

From May 3–7 2021, Winston & Strawn celebrated Well-Being Week in Law with programs that focus on how to be resilient, healthy, and successful.

Each day, Winston Wellness hosted panels and interactive webinars designed to help Winston's staff and attorneys develop greater resiliency, manage and eliminate the stress of working in the legal industry, and achieve their personal well-being goals. This week's sessions included:

## **Stress Resilience & Peak Performance in the Law**

Jarrett Green, a former commercial litigator with an AmLaw Top 50 Firm, and Rebecca Simon, a former law professor, will share science-based practices to help optimize your stress resiliency, emotional well-being, cognitive functioning, and productivity and performance.

## **Financial Success Doesn't Start In Your Wallet**

Business coach Jacquette Timmons will host a fun, aha-inducing workshop that integrates the psychology and emotions of money with the math of money.

## **Neuroscience at Work: How To Get the Best Out of Your Brain**

Dr. Helena Boschi, a psychologist who specializes in applied neuroscience, will provide actionable advice for improving your physical and psychological wellbeing in a world that places increasing demands on our biological and cognitive resources.

## **Walking the Walk: Well-Being Best Practices**

Dedicated well-being practitioners and attorneys from Winston & Strawn and client Delicato Family Wines will discuss how to establish sustainable wellness habits, and the positive impact that doing so has on both their professional and personal lives.

## **Embracing Unconditional Self-Worth**

Dr. Adia Gooden, a licensed clinical psychologist, will talk about the power of cultivating unconditional self-worth, how it can help decrease feelings of imposter syndrome which lead to stress, and how it can help professionals achieve their full potential.

Well@Winston will also offer daily tips and tools for enhancing mental health including:

- Links to powerful stretching and chair yoga exercises
- Links to Ted Talks about resiliency, health, and success
- Tips for maximizing the benefits of your Calm App
- Delicious and nourishing recipes for entrees, snacks, and mocktails

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

1 Min Read

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## Related Topics

Wellness Programs

Mental Health

## Related Professionals

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[Diane Costigan](#)

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