

Winston Celebrates Well-Being Month in Law

MAY 2024

Winston observed Well-Being Week in Law this year throughout the entire month of May. Each week, we gathered virtually for one hour to hear esteemed outside speakers, clients, and colleagues share their insights and tips for increasing well-being and mental health. The livestreamed events covered a range of topics from the performance paradox and stress reduction to leveraging the power of connection to support well-being.

Below is a video that summarizes seven tips we learned for increasing peace, productivity, and professional fulfillment.

Less Than 1 Min Read

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Diane Costigan

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