



Diane Costigan

she/her/hers
Director
Coaching and Well-Being

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As director of coaching and well-being, Diane supports the firm’s comprehensive talent development strategy through positive interventions that impact the development, wellness, and career paths of attorneys and senior professional staff. She leverages her coaching certification, consulting background, and more than 20 years of experience in the legal service industry to help attorneys and staff reach the highest level of performance and engagement, and provide stellar service to our clients.

As a seasoned executive and career coach, Diane works with all levels of attorneys and senior professional staff to drive performance and career related goals. Whether designing a coaching intervention at critical career points, such as a lateral integration or role elevation, creating strategies for identified areas for improvement, or simply providing support for a real-time challenge, Diane creates a culture of coaching and well-being that aligns the firm’s business objectives with individual career and performance goals.

Prior to joining Winston & Strawn, Diane was a partner and head of the coaching practice for a nationally recognized legal talent management consulting firm serving Global 100 law firms. She also spent 10 years at a Global 100 law firm overseeing professional development, recruiting, legal personnel, and diversity.

Recent Experience

Credentials

EDUCATION

Diane was elected as a Trusted Advisor by the Professional Development Consortium. She has a certificate in Organizational and Executive Coaching from NYU and is an Associate Certified Coach (ACC) with the International Coaching Federation. She is also an Integrative Nutrition Health Coach (INHC) through the Institute for Integrative Nutrition, and a certified Emotional Freedom Technique (EFT/Meridian Tapping) practitioner. Diane earned her M.A. in Organizational Psychology from Columbia University, and B.A., *cum laude*, Phi Beta Kappa, from the College of the Holy Cross.

Related Insights & News

Diane is a prolific writer and frequent speaker on talent development in the legal services industry. She has been quoted in *Forbes*, *Law360*, and *Law Practice Magazine*.

SPONSORSHIP

Winston Sponsors the 2024 Well-Being in Law Virtual Conference
JANUARY 23, 2024

RECOGNITIONS

Winston Attorneys Recognized in *The Best Lawyers in America*® 2024
AUGUST 17, 2023

BLOG

Winston's Fourth Class of Protégés Graduates from D&I Associate Sponsorship Program
MAY 25, 2023

BLOG

European Associates Come Together for Talent Development Seminar
JANUARY 13, 2023

SPEAKING ENGAGEMENT

Diane Costigan Speaks on Mental Health and Wellness Support in the Workplace
AUGUST 23, 2022

SPEAKING ENGAGEMENT

Post-Pandemic Leadership Is “Multimodal” and Supports Well-Being

JANUARY 21, 2022

BLOG

Grace Under Pressure: 5 Steps to a Calm, Confident, and Resilient Interview Season

AUGUST 18, 2021

SPEAKING ENGAGEMENT

Creating a Mentally Healthy Workplace Culture in Law Firms

MAY 20, 2021

BLOG

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

MAY 3, 2021

SPEAKING ENGAGEMENT

The National Conference on Lawyer Well-Being

APRIL 7, 2021

WEBINAR

Stop Surviving Parenting and Start Thriving at It with Lorena Seidel M.Ed.

MARCH 22, 2021

IN THE MEDIA

Diane Costigan Discusses Winston’s Wellness Initiatives During the COVID-19 Pandemic

MARCH 17, 2021