

## 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.

# 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*.

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### BLOG

Winston Senior Associates Gather in Chicago for Leadership Training

MARCH 24, 2025

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### BLOG

Winston for Good Supports Under-Resourced NYC Students

DECEMBER 18, 2024

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### SPEAKING ENGAGEMENT

Diane Costigan Discusses Attorney Mental Health and Wellness in PLI Program

DECEMBER 10, 2024

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### ARTICLE

3 Ways To Train Junior Lawyers In 30 Minutes Or Less

NOVEMBER 26, 2024

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### BLOG

Women Lawyers from the Firm's Paris and London Offices Convene for Day of Connecting and Learning

NOVEMBER 22, 2024

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### BLOG

Winston Holds DEI Retreat in Nashville

OCTOBER 30, 2024

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### SEMINAR/CLE

Hands-on Coaching Workshop for In-House Counsel

OCTOBER 24, 2024

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#### **SEMINAR/CLE**

Winston & Strawn Hosts Leadership and Communication Workshop with Internationally Acclaimed Author and Neuroscientist

OCTOBER 1, 2024

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#### **BLOG**

Winston Celebrates Well-Being Month in Law

MAY 2024

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#### **SPONSORSHIP**

Winston Sponsors the 2024 Well-Being in Law Virtual Conference

JANUARY 23, 2024

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#### **RECOGNITIONS**

Winston Attorneys Recognized in *The Best Lawyers in America*® 2024

AUGUST 17, 2023

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#### **BLOG**

Winston's Fourth Class of Protégés Graduates from D&I Associate Sponsorship Program

MAY 25, 2023