

Director of Coaching Diane Costigan Speaks to Wellness at Professional Development Consortium

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Winston Director of Coaching Diane Costigan presented at the [Professional Development Consortium's 2017 Winter Meeting](#), "The Relevant and Resilient PD Professional: Staying Visible in an Environment of Innovation," on November 29, 2017 in Washington, D.C. Diane's workshop was titled "Managing the Whirlwinds of Innovation: Wellness for PD Professionals."

In today's changing legal market, Professional Development roles require innovation and creativity to help firms stay ahead of their competition with respect to how they attract, retrain, and develop their talent. This workshop aimed to help participants maintain their individual self-care goals in order to maximize and optimize innovation. The objectives were as follows:

- Understand the importance of managing stress to build resilience and increase well-being
- Learn how stress impacts our ability to be creative
- Learn three tools to manage stress: breath-work, meditation, and emotional freedom technique/EFT Tapping

A seasoned executive and career coach, Diane works with all levels of attorneys and senior professional staff to drive performance and career-related goals.

1 Min Read

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