

Diane Costigan Speaks at 2018 NALP Annual Education Conference

APRIL 23, 2018

Winston & Strawn's Director of Coaching Diane Costigan will speak at the [2018 NALP Annual Education Conference](#).

As part of the pre-conference workshop, Diane will present a Foundational Coaching Skills Series titled "Coaching 101" and "Coaching 201" on April 23-24. The workshops will provide coaching skills to law school and law firm recruiting, professional development, and diversity and inclusion professionals. Now in her fourth year, Diane is a founding faculty member.

On April 27, Diane will speak on a panel titled "Everything You Want to Know About Coaching but Didn't Know Who to Ask." This interactive presentation will cover the ins and outs of coaching lawyers and law students, including how to approach offering coaching, using internal and external resources, how coaching can enhance diversity objectives, and more.

Diane will also co-lead mindful meditation sessions throughout the conference to improve attention, reduce stress, boost the immune system, reduce emotional reactivity, and promote overall health and well-being.

1 Min Read

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Diane Costigan