

Diane Costigan Discusses Wellness and Mindfulness on The Resilient Lawyer Podcast

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Winston & Strawn Director of Coaching Diane Costigan was featured on the April 23, 2018 episode of The Resilient Lawyer's [Mindfulness and Wellness through EFT podcast](#). Diane joined host Jeena Cho for a discussion on the different ways to experience wellness and mindfulness, from meditation to EFT tapping. Additional topics included the benefits of a regular meditation schedule, progressive relaxation, and the psychological modality of Emotional Freedom Technique (EFT).

Winston's comprehensive talent development strategy incorporates positive interventions that impact the development and career paths of attorneys and senior professional staff. Diane leverages her coaching certification, consulting background, and more than 20 years of experience in the legal service industry to implement this strategy and help attorneys and staff reach peak performance and engagement.

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