

WINSTON WELLNESS

Winston is Known for Our Culture of Care and Commitment to Well-Being

The firm offers a wide range of resources to help our people achieve peak personal and professional performance.

WELL-BEING COACHING

Attorneys and senior professional staff have access to personalized, one-on-one coaching sessions with the firm's Director of Coaching and Well-Being. These customized sessions help our people achieve peak performance through meditation training, stress reduction, enhanced work-life integration, and learning to set better boundaries.

WELLNESS PROGRAMMING

Winston offers regular, firmwide educational programming covering topics ranging from stress management and meditation to learned optimism and how to form good habits. During monthly *Wellness Wednesday Sessions*, attorneys and professional staff practice meditation, deep breathing techniques, emotional freedom technique (EFT), and progressive muscle relaxation.

MENTAL HEALTH SUPPORT

Throughout the firm, we have more than 70 professional staff and attorneys who are certified Mental Health First Aid Responders. They have received training on how to recognize the signs of a potential mental health challenge or substance abuse issue and offer effective support and resources.

“Winston prioritizes attorney well-being and offers opportunities to learn different strategies and outlets for managing this important part of a legal practice.”

JOHN SECARAS, CHICAGO ASSOCIATE

CALM APP

Everyone at Winston receives free premium access to the Calm App—the #1 app for meditation and sleep.

CONTACT

Diane Costigan, Winston & Strawn's Director of Coaching and Well-Being