

## Diane Costigan Discusses Wellness and Mindfulness at Columbia Law School

OCTOBER 15, 2018

Winston & Strawn's Director of Coaching Diane Costigan will speak to law students at Columbia Law School's Professional Development Panel on October 15. During the panel, Diane will discuss Winston's approach to wellness, mindfulness and resilience building, and how it is a key part of not only our culture but our talent development strategy as well as the resources available at the firm.

Diane supports the firm's comprehensive talent development strategy through positive interventions that impact the development 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. Diane is a long time meditation devotee and is, an Integrative Nutrition Health Coach through the Institute for Integrative Nutrition and a certified Emotional Freedom Technique practitioner.

1 Min Read

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Diane Costigan