

Diane Costigan Discusses Coaching, Business Development Tips, and EFT During *Fit to Practice* Podcast

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Winston's Director of Coaching and Well-Being Diane Costigan was featured on the June 3, 2019 episode of *Fit To Practice*. The podcast is focused on helping lawyers overcome their physical and mental challenges through wellness training.

In this episode, Diane and host Angela Han discuss a variety of health and wellness topics applicable to attorneys, such as managing stress, maintaining a balance in energy, improving business development skills, and overcoming self-doubt using the Emotional Freedom Technique.

Diane is committed to supporting the mental health and wellness of our attorneys and staff and is one of the leaders of Winston's [Year of Mental Health initiative](#). Winston's goals for the Year of Mental Health are to cultivate a culture of caring at the firm and provide its members with strategies to enhance their own mental health and that of their loved ones and colleagues.

[Listen to the podcast here.](#)

1 Min Read

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Diane Costigan