

## Krista M. Larson

She/Her

### DIRECTOR OF WELL-BEING

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### NEWS

Krista Larson Pens Strategies for Successful Law Firm Well-Being Programs in *Bloomberg Law* Column  
04.19.2024

Krista Larson Authors Article on Balancing Pessimism and Optimism for Attorney Well-Being in *Law360*  
04.12.2024

Stinson's Well-Being Director Authors Column on Meaningful Connections for Women in Law Working in Hybrid Environments  
02.12.2024

ALA's Legal Management Podcast Highlights Stinson's Efforts to Embrace Neurodiversity  
11.28.2023

Stinson's Director of Well-Being Explores Avenues of Support for Attorneys with ADHD in *Law360*  
11.13.2023

Krista Larson Discusses Neurodiversity in Law Firms, Well-Being Initiatives with *Minnesota Lawyer*  
10.11.2023

Stinson's Director of Well-Being Discusses Impact of Billable Hour, Mental Health in *Lexis Nexis* Report  
02.02.2023

*Law360 Pulse* Article Details Stinson's Well-Being Efforts in Returning to the Office  
04.21.2022

Stinson Well-Being Focus Highlighted in *In Re KCMBA* Podcast  
11.19.2021

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## Krista M. Larson

*Attorney at Work Magazine* Highlights Stinson's Well-Being Efforts During the Pandemic

11.11.2021

Krista Larson Talks Well-Being in the Age of Remote Work in Law.com's Mid-Market Report

10.12.2021

Krista Larson Named Director of Well-Being at Stinson

08.04.2021

### SPEAKING ENGAGEMENTS

Practical Well-Being: Evidence-Based Strategies for Busy Attorneys

10.18.2022

### PUBLICATIONS

"Use Bite-Sized Portions to Embed Well-Being in Law Firm Culture," *Bloomberg Law*, April 2024

"Professional Relationships and Advancement for Women in Law: High-Quality Connections in a Hybrid Workplace," *With Equal Right*, The Official Journal of Minnesota Women Lawyers, Winter 2024, Volume LXXIV, Issue I

"Finding Focus: Strategies For Attorneys With ADHD," *Law360*, November 2023

"4 Strategies to Support Employees with ADHD," *HR Daily Advisor*, November 2023

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