

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

In the News

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Stinson LLP Director of Well-Being [Krista Larson](#) is featured on the Association of Legal Administrators' Legal Management Talk podcast episode, "Embracing Neurodiversity in Legal with Casey Dixon and Krista Larson."

Larson highlights the collaborative efforts between the firm and Dixon Life Coaching to bring awareness about neurodiversity and executive function disorders in the legal industry and provide insight on navigating such conditions in the workplace.

"Our main objective in taking on this work was to increase awareness of neurodiversity for both our staff and attorneys. We wanted to do that so that anybody who is experiencing a challenge with executive function or neurodiversity can get the type of professional support they may need in order to be successful both personally and professionally," Larson said.

Larson offers law firm leaders guidance on how to support neurodivergent attorneys and staff. She also details how Stinson is working to build and foster self-awareness within the firm and provides insight on the firm's resources that aid in navigating a variety of mental health and well-being challenges.

"It starts with making sure people know they can reach out and that there are people at the firm who can support them and their ability to be successful and to find a solution and a step forward that will be uniquely suited to them as an individual," Larson said. She also encourages law firm leaders to focus on well-being as a tool to make life easier for employees with executive function disorders.

[Listen](#) to the full episode.