

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

In the News

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Stinson LLP Director of Well-Being Krista Larson is featured in a *Minnesota Lawyer* article, "[Understanding how brains work differently: Initiative provides tools to help lawyers function effectively.](#)"

The article highlights the firm's collaborative efforts with Dixon Life Coaching to bring awareness to the prevalence of neurodiversity conditions, like attention-deficit/hyperactivity disorder (ADHD), in the legal profession.

"Lawyers experience disproportionately high rates of ADHD. What this means for us is that we have a high prevalence of people with neurodivergences, and because of those comorbidities, there is also a mental health challenge there as well," Larson said. "My hope is that, with the increased attention that we are giving to neurodiversity in law, firms are going to develop and put into place more proactive solutions to help people get the help that they may need sooner than later and avoid unnecessary struggles."

She also provides insight on the firm's initiatives to situate neurodivergence into well-being strategies that address mental health conditions. "There is no one roadmap that we can apply to every individual's unique situation," she said. "We have a lot of professionals at our firm who are focused on helping our talent at our firm be successful. We will work with that individual to find a solution that meets their needs."

Larson is also featured in a related *Minnesota Lawyer* article, "[Stinson partners with life coach to assist lawyers with ADHD.](#)"

Larson leads the implementation of Stinson's vision, strategy and programming to support the health and well-being of all constituents of the firm in alignment with the firm's values and its American Bar Association Well-Being Pledge. She also partners with firm and executive leadership on well-being strategy and initiatives.

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