

Krista Larson Named Director of Well-Being at Stinson

Press Release

08.04.2021

Stinson LLP is pleased to announce that Krista Larson has been named the firm's Director of Well-Being.

Krista will lead 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 the ABA Well-Being Pledge. Krista also will partner with firm and executive leadership on well-being issues.

"I'm thrilled to be joining Stinson in this capacity," said Krista. "I look forward to partnering with the firm's leadership to strategically apply the science of well-being to life at Stinson."

Studies show that lawyers and those in the legal industry experience high rates of substance misuse and mental health problems that often go unrecognized or untreated. In light of these findings, the ABA launched a campaign challenging members of the profession to pledge to improve well-being. The goals of the Well-Being Pledge are to raise awareness of the issues, facilitate a reduction in the incidence of mental health distress, and improve well-being for legal professionals.

As a signatory to the pledge, Stinson is committed to fully support the ABA's campaign. The firm established a Well-Being Committee in 2019, and provides education and training to attorneys and staff, resources to reduce substance use disorders and mental health distress, and implements policies that support well-being as a core value of the firm.

Before accepting this position, Krista served as Director of Employee Well-Being for Morgan, Lewis & Bockius LLP. She graduated from Wellesley College with a degree in Psychology and has a Masters of Applied Positive Psychology degree from University of Pennsylvania. Krista brings experience and a proven track record of success in the well-being area, which will be invaluable in meeting the firm's goals and objectives.

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“We are proud to be enhancing and deepening Stinson’s on-going commitment to well-being,” said Allison Murdock, Stinson’s Managing Partner. “Considering the extreme adversities of the pandemic and what recent research tells us about the mental health challenges in our profession, we are increasingly committed to supporting our clients and community as all of us together continuously strive towards thriving.”