

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

In the News

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Director of Well-Being [Krista Larson](#) was [recently quoted in an article titled "Is Your Culture Deliberate?"](#) that was published in Law.com's Mid-Market Report. The article discussed the well-studied benefits that a positive workplace culture has on productivity, well-being, results, retention and resilience, as well as tips for facilitating this culture. Larson described how the increasing integration of work and life brought forth by the pandemic requires that organizations prioritize employee well-being now more than ever.

"This was true before the pandemic, but the pandemic exacerbated [the integration]. Thriving at work means thriving in life and vice versa. Therefore, we must pay attention to the whole person when investing in our people," Larson said. "As the saying goes, you can't pour from an empty cup. How can we expect our employees to show up at their best for our clients when they aren't thriving themselves?"

Larson also described how the pandemic revealed that there is no one size fits all solution for well-being.

"Variety is key. What works best for me to maintain well-being isn't necessarily going to look the same as the next person," said Krista. "Each of us faces our own challenges and circumstances. It's important for organizations to offer a variety of resources and to educate on different strategies so that people can identify and put into practice what's going to work best for them as unique individuals."

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 ABA Well-Being Pledge. She also partners with firm and executive leadership on well-being issues.