

Minnesota Lawyer Spotlights Stinson's Well-Being Program

In the News

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In a *Minnesota Lawyer* article titled "Well-being programs for lawyers catching on with major firms" Stinson LLP Director of Well-Being [Krista Larson](#) discusses the firm's ongoing commitment to supporting the health and well-being of all its attorneys and staff.

Since joining Stinson in 2021, Larson has developed and led a program that takes a holistic approach to well-being which includes both professional and personal areas of life. She emphasizes the importance of tailoring the program to the unique challenges and opportunities that lawyers and legal professionals face.

Larson uses research-backed evidence "to understand what helps people thrive and be at their best." She said "I use my subject matter expertise to talk about how those lessons that can be applied in daily legal practice. We make sure that everything we share is very practical and actionable for attorneys, to support their well-being."

Grounded in the field of applied positive psychology, Stinson's program involves a multi-dimensional framework of well-being focused on emotional, physical, intellectual, occupational, spiritual and social well-being. Comprehensive programming and services help employees manage various life demands and include supportive workplace policies and free counseling and therapy sessions. The program also fosters a sense of community through opportunities for connection, such as monthly breakfasts for associates and all-attorney lunches.

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 the firm and executive leadership on well-being strategy and initiatives.

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[Read](#) the full article.

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