

Stinson's Director of Well-Being Explores Avenues of Support for Attorneys with ADHD in *Law360*

In the News

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Stinson LLP Director of Well-Being [Krista Larson](#) co-authored an article for *Law360*, "Finding Focus: Strategies For Attorneys With ADHD," that details ways legal professionals with attention-deficit/hyperactivity disorder (ADHD) can enrich their well-being and find focus in their professional and personal lives.

"Attorneys can improve their well-being, enhance their performance and excel in their chosen profession by reducing cognitive load, managing time and controlling distractions," Larson writes. "These self-supportive habits, along with professional help as needed, will allow attorneys with ADHD to transform the legal landscape."

She says it is "imperative that the legal community gain a better understanding of how ADHD affects well-being," and provides next steps and recommendations for all attorneys and legal professionals facing challenges related to symptoms of ADHD.

"It is crucial for legal professionals to actively promote increased understanding of ADHD in the workplace. In addition to a strong human resources department, robust programs for diversity, professional development and well-being are essential to supporting employees with ADHD," Larson writes. "With more awareness and reduced stigma surrounding ADHD, a greater number of attorneys will be able to get the help they need to be successful."

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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Sign in to *Law360* to [read the full article](#), written in collaboration with Casey Dixon of Dixon Life Coaching. Larson and Dixon also authored an article for *HR Daily Advisor* on a similar subject, "[4 Strategies to Support Employees with ADHD.](#)"

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