

Lynnette Espy-Williams on "Standing in the Gap" Podcast

Monday, July 18, 2022

Lynnette D. Espy-Williams, member of the firm's Commercial Litigation Department and Chief Diversity, Equity & Inclusion officer, joined Nita Cumello and Rebecca Morrison on the "Practice Well(Being)" podcast.

Lynnette spoke about the early influences of good examples early in life, how to rise to your best self, and the power of sponsorship and mentorship. She later goes on to discuss the importance of sustaining a purposeful and inclusive culture and that this is "all of our job."

"Practice Well(Being)" hosts take on well-being and performance in the legal industry. They share the wisdom they've gathered over a combined 40+ years in the legal industry, relevant research, and conversations with experts who are walking the walk. Each episode offers powerful concepts and practical tips for both individuals and organizations who want to use well-being to supercharge performance, engagement, satisfaction, and success.

To listen to the episode, [click here](#).

Related Practice Areas

- Commercial Litigation