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Katherine Adamenko

Katherine Adamenko is the Manager of Well-being for Ropes & Gray LLP, and works out of the firm's New York office. Under the Total Rewards umbrella, Katherine leads the firm's global well-being initiative, BeWELL@Ropes&Gray and is responsible for creating and implementing the firm's well-being strategy. She closely partners with Kia Scipio, the firm's Director of Diversity & Inclusion, and her team on developing and rolling out the firm's new well-being and diversity initiative. Katherine is a veteran of the fitness and wellness industry, most notably as Program Manager and Wellness Coach at American Express and as Wellness Specialist at ascena retail/dresssbarn. As a practitioner, she is a yoga instructor, mindfulness facilitator, presenter, writer and a former personal trainer and group fitness instructor. Katherine currently serves on the ABA's CoLAP Well-being Committee and was honored to be on this year's Well-being Week in Law Advisory Board. She recently facilitated the all-star well-being and diversity panel at the ABA Well-being Pledge Signatory conference.