



**WELL-BEING
WEEK
IN LAW**

MAY 2-6, 2022

Tara Owens Antonipillai is a well-being consultant, speaker, teacher, and author, and the founder of Cultivate. Tara combines her unique expertise in law practice, positive psychology, and mindfulness to help professionals thrive. Tara also helps law firms and other organizations develop and expand workplace well-being programs in a wide variety of formats. She received both her undergraduate degree and her J.D. from Georgetown University, and was a tax associate in Arnold & Porter's DC office. She is currently completing a Masters degree in the University of Pennsylvania's Applied Positive Psychology program. Tara serves on the D.C. Bar Lawyer Assistance Committee and the Institute for Well-Being in Law Research and Scholarship Committee and Programming Committee.



Krista M. Larson is the Director of Well-Being at Stinson LLP. Krista 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 the ABA Well-Being Pledge. Previously, Krista served as Director of Employee Well-Being for Morgan, Lewis & Bockius LLP. She graduated from Wellesley College with a degree in Psychology and has a Masters of Applied Positive Psychology degree from University of Pennsylvania. Krista serves as a member of the Programming Committee for the Institute for Well-Being in Law.