

Well-Being 360 Monthly Newsletter



Introducing Well-Being 360: Well-Being Fuels Excellence

Redefining what well-being represents at Goodwin starts with understanding how you bring your whole self to work day in and day out. Our mission starts with fostering synergy within our culture and responding to each colleague's unique needs, recognizing that one-size does not fit all. We embrace a continuous view of well-being infusing physical and mental health, emotional well-being, occupational wellness, spiritual connection, social engagement, and community involvement into our professional and personal lives. All pillars work collectively to create a thriving environment where everyone is empowered to be their best, whole selves. The firm is pleased to offer resources in support of all components of well-being.

Click [here](#) to learn more.



Go Gold Winter Olympics 2026 Challenge

Get ready for Go Gold! It's more than a physical activity challenge, it's a high-energy, Winter Olympics-themed experience that brings the thrill of international sports to Goodwin. Log activity to reveal Olympic-inspired stories and images while earning medals as you progress.

Whether you prefer winter or year-round activities (like walking, swimming, cycling, or yoga), there's something for everyone. Go Gold automatically converts exercise minutes into steps, making it an exceptionally inviting, motivating wellness challenge.

Click [here](#) to watch the information session

Registration open until February 16th.

Spaces limited. Click [here](#) to get started.

February BHC Availability

One-on-one confidential support, with Behavioural Health Consultants (BHCs), is available to you to discuss any life challenge and receive guidance on topics such as, work/personal relationships, family, parenting, anxiety, and more.

- Andrew – every Tuesday
- Leslie – every Wednesday & Feb 4
- Stephanie – Feb 19
- Shirley – Feb 20
- Leighna – Feb 25

Schedule your consultation [here](#).



Carrot

Carrot provides comprehensive benefits for hormonal health, fertility, family building, and more.

With Carrot, you'll get support for: *

- Fertility health and wellness
- Preservation (egg, sperm, and embryo freezing)
- Assisted reproduction, like IVF or IUI
- Pregnancy and postpartum
- Parenting newborns
- Perimenopause and andropause
- Adoption, donor assistance, and gestational surrogacy

[Activate your Carrot benefits today](#) to start exploring the resources available to you, **including funds to help pay for eligible care, products, and services.**

**Carrot services available may vary based on plan design, geography, and local rules and regulations.*



Upcoming Events

Explore topics this month through webinars, meditations, and workshops hosted by our vendors. Highlighted offerings include:

- Bank of America: Financial Wellness Series
- Bright Horizons: Paying for College
- Fidelity: 1:1 Consultations
- Headspace Meditation: Understanding Loneliness
- Health Advocate: Emotional Intelligence – The Secret Superpower
- LCLMA: How Anger Impacts Judgment, Advocacy, and Professionalism
- Peloton: Black History Month Collection
- Wellthy: The Cost of Caring

Click [here](#) to see all events.

The Well-Being Brief



Well-being to me, means being intentional with my time. I schedule activities that inspire and rejuvenate me. Whether it's a fun workout, a Pilates session, or exploring something new, I schedule these moments to help me stay balanced, energized, and purposeful.

- Lauren Diaz, Director, Transformation Program Management

Click [here](#) to submit your wellness tips at work to be featured in our Well-Being 360 newsletter

Well-Being 360	Well-Being 360 iNet
benefitsdepartment@goodwinlaw.com	617-570-1800

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