

Podcasts | March 14, 2023

# The Costanza Effect: What the TV Series *Seinfeld* Teaches Us About Quiet Quitting

## Hiring to Firing Podcast

### SPEAKERS

[Tracey E. Diamond](#) | [Evan Gibbs](#)

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George Costanza was the master at “quiet quitting” — the latest term for employees who do the bare minimum. Have your employees joined this trend? Is production down in the office? Partners Tracey Diamond and Evan Gibbs sit down with Paradies Lagardere litigation and compliance attorney Rebecca Silk to talk about the popular TV series *Seinfeld* and the quiet quitting trend. Hear all this and more in Episode 12 of the [Hiring to Firing Podcast!](#)

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