

# LAURA PUTNAM

AUTHOR, SPEAKER, ENTREPRENEUR & THOUGHT-LEADER



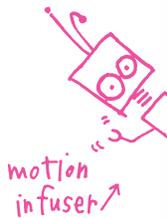
"A great speaker who reinforces the little things we can all do to maintain and promote a healthy lifestyle. She is both informative and engaging!"

If you're looking for insights on well-being, motivation, innovation, or human performance, Laura Putnam, author of *Workplace Wellness That Works*, can help. A former urban public high school teacher, international community organizer, dancer, and gymnast, Laura is now a movement-builder in the world of health and wellness.

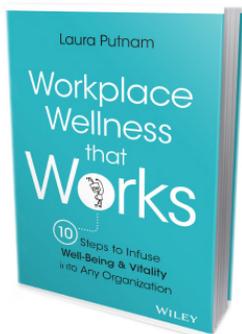
Laura has keynoted at conferences, companies and associations around the world for audiences as large as 3,000 people and has shared the stage with such notables as Dan Buettner, author of *Blue Zones*. Her unique style of speaking combines relevant science with meaningful stories and a good dose of humor. With a mission to get people "in motion," she guides team members, managers and leaders in discovering how to get big results with simple steps.

As CEO of Motion Infusion, a well-being training and consulting firm, Laura works with a range of organizations from Fortune 500s to nonprofits to academic institutions, helping each to build a culture of well-being.

Recent media appearances include MSNBC, US News & World Report, Business Insider and NPR. Her work has appeared in The New York Times, Entrepreneur and The American Journal of Health Promotion. Laura serves as adjunct faculty at the California Institute of Integral Studies, and is the recipient of the American Heart Association's "2020 Impact" award and the National Wellness Institute's "Circle of Leadership" award. A graduate of Stanford University and Brown University, Laura lives in San Francisco with her fiancé.



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## Workplace Wellness that Works

"Laura Putnam's insights coupled with compelling stories and tangible action items will help any organization adopt a more creative approach toward transforming culture and influencing well-being at work."

—CHIP CONLEY, Airbnb Head of Global Hospitality and Strategy  
New York Times bestselling author of *Emotional Equations*

To schedule Laura Putnam to speak at your next event, please contact Motion Infusion at 415-310-5505 or via email [info@motioninfusion.com](mailto:info@motioninfusion.com).



Learn more at [www.motioninfusion.com](http://www.motioninfusion.com)



Whether you're rolling out a new wellness initiative, developing your leaders, or seeking a thought-provoking, engaging and relevant keynote, we can help.

#### WORKPLACE WELLNESS THAT WORKS

Over 75% of employees now have access to some type of wellness program. But, do these programs actually work? Evidence suggests that most do not. Over 80% of eligible employees are opting out and rates of stress and poor health continue to soar. It doesn't have to be this way. Instead of starting yet another program, learn about how you can *start a movement* of well-being in your organization.

#### PLEASE, DON'T HAVE A SEAT

As human beings we are designed to move – even when we're at work. Learn about what's happening to us as a result of our pervasive sedentary lifestyles, why getting active is more than just getting a workout and how you can infuse movement into your daily work routine, even when there's "no time." After hearing this inspiring talk, you'll rethink the next time you ask someone to "Have a seat!"

#### MANAGER ON THE MOVE

Each manager is uniquely positioned to either encourage or dissuade employees to invest in their well-being. In fact, the manager alone is likely responsible for 70% of the variance of their team members' engagement with wellness. Therefore, every manager must consider, "Am I acting as a multiplier, or am I acting as a gatekeeper? Learn the three essentials to becoming a Manager on the Move to build a winning team!

#### STAND UP FOR BEING THE CHANGE

When it comes to health, well-being and living with vitality, each of us can Start a Movement! In fact, our "personal" choices are not so personal after all, due to the so-called social contagion effect. Get inspired to become a "secret agent of change," positively influencing your co-workers, your family, your friends, your community, and even your world.

Laura's talks are always customized for maximum relevance to your audience. With every talk, your group will leave *energized* and ready to take immediate action.



#### PRAISE

Laura Putnam is one of the new visionary leaders that has emerged to ensure workplace wellness continues to move forward.

—Bill Baun, Wellness Officer at MD Anderson Cancer Center

#### PAST CLIENT AUDIENCES

- |                                   |   |
|-----------------------------------|---|
| American Heart Association        | Marsh & McLennan                                |
| Aetna                             | National Cooperative Rx                         |
| Apple                             | National Rural Electric Cooperative Association |
| Association of Washington Cities  | North Carolina Medical Society                  |
| Credit Union National Association | Novogradac                                      |
| Deloitte                          | Salesforce                                      |
| Electronic Arts                   | Schindler                                       |
| Ernst & Young                     | SCHOTT  |
| Fitbit                            | Stanford University                             |
| Garmin                            | State of Montana                                |
| IDT                               | State of South Dakota                           |
| Kaiser Permanente                 | Visa  |
| Kimpton                           | VolunteerMatch                                  |
| Lockton                           | WELCOA  |
| Logitech                          | Wells Fargo                                     |
|                                   | <i>and many more...</i>                         |



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