Laura Putnam

### WORKPLACE WELLNESS THAT WORKS

#### **How to build a winning culture**

The evidence is unequivocal: a healthier, happier workforce is good for people, good for the bottom line and essential for building a winning team. Employee well-being in all dimensions, including physical, emotional, social and financial, are critical for an organization’s success.

The good news is that nearly all employees have access to some type of wellness program today. 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.

In a provocative and insightful talk, Laura Putnam, author of “Workplace Wellness That Works” and CEO of Motion Infusion, demonstrates why every organization cannot afford to overlook employee well-being, and the steps each can take to truly make a difference. You will walk out inspired to start a movement of well-being in your organization.

Key points:

* Instead of a program, start a movement
* How to cultivate an environment and culture that supports well-being
* Help people to imagine what’s possible

Audience:

* Leaders
* HR/benefits
* Wellness professionals
* Wellness champions

### The Multiplier Effect

#### **What the best leaders do differently**

A healthier, happier workforce is good for people, good for the bottom line and essential for building a winning team. Meanwhile, most leaders continue to view wellness as being outside of their scope, disconnected from the bottom line, something to be addressed by HR, and not part of their daily workday. But, the research repeatedly suggests that the extent to which employees are well when they are at work largely comes down to leadership commitment.

Senior leaders are needed to set the tone for well-being at work, and managers effectively serve as the conduits of well-being for their team members. Therefore, every leader must consider: Am I acting as a multiplier, or am I acting as a gatekeeper?
In a provocative and insightful talk, Laura Putnam, author of “Workplace Wellness That Works” and CEO of Motion Infusion, demonstrates the critical role that leaders play in embedding wellness into the fabric of business as usual, and the specific steps that each can take to become a Multiplier of Well-Being.

Key points:

* Why well-being
* Why you – the ripple effect
* Do, Speak, Create
* Oasis of well-being

Audience:

* Senior leaders
* Managers
* Team leaders

### Me At My Best

#### **How to drive personal performance through well-being**

What are the keys to not just surviving — but fully thriving? How can you become “Me At My Best” – whatever that looks like for you? Learn about the multiple dimensions of well-being, including physical, emotional, social, financial, career and community.

In a provocative and delightful talk, Laura Putnam, author of “Workplace Wellness That Works” and CEO of Motion Infusion, shares secrets on how we can fully thrive. You’ll come away refreshed and armed with specific takeaways to catapult yourself into a revitalized way of living.

Key points:

* Me At My Best – that’s what it’s all about
* Do you have the energy that you need to be that?
* Keys to thriving and tips for each

Audience:

* Leaders
* General employees
* Anyone

### Stand Up For More Movement

#### **How to future-proof our world by getting in motion**

As human beings, we are designed to move. The problem is, we live in a society that literally mandates us to sit. 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.”

In a provocative and delightful talk, Laura Putnam, author of “Workplace Wellness That Works” and CEO of Motion Infusion, unpacks the “biological-cultural mismatch” we all face when it comes to more movement, and the specific steps we can each take to get a little more “motion infusion.” After hearing this inspiring talk, you’ll rethink the next time you ask someone to “Have a seat!”

Key points:

* When we move, we get healthier, happier, smarter
* Born to move, culturally mandated to sit
* The difference we can each make – starting with ourselves

Audience:

* Leaders
* General employees
* Anyone