Laura Putnam

**Webinar Series:**

* **Love (& Life) In The Time OF COVID-19 -**Inspired by Gabriel Garcia Marquez' *Love in the Time of Cholera,*this session offers information, tips, and hope during these uncertain times, addressing the following questions: What do we need to know?, What should we be doing?, And how do we cope? We'll pull from a variety of disciplines including science, psychology, philosophy, and literature to provide answers as well as practical strategies to help you sustain well-being, purpose and a sense of meaning.
* **The (Virtual) Multiplier of Well-Being** **-** A healthier, happier **Me At My Best** workforce is good for people and good for organizations. The research repeatedly suggests that the extent to which employees are well largely comes down to leadership commitment - especially from *managers.* If there's ever a time that employees are counting on their team leaders, it's now. This talk outlines the critical role that each manager plays in enabling their team members to be well, and the specific steps that each can take to become a Multiplier of Well-Being.
* **How COVID-19 Should Shift Your Wellness Strategy -**What steps should you take with your wellness strategy during this time of COVID-19 and its aftermath? This is a session that is specifically designed for those who are in the business of helping others to be well. Learn about how you can redirect your wellness offerings to meet your people where they're at and at the same time, meet bottom-line objectives. Perhaps the biggest lesson learned - and one that you can apply toward your wellness strategy - is that "there is no me without you." That is, the only way forward is *together.*

### 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” when you are a busy, hard-driving, ambitious professional? Through a combination of stories and science, learn about the secrets needed to thrive and achieve personal excellence, even when time is hort. We’ll uncover the multiple facets to being well, including physical, emotional, social, financial, career and community. 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

### 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 team leaders do differently**

A healthier, happier “Me At My Best” workforce is good for people and good for organizations. Meanwhile, most leaders continue to view wellness as being outside of their scope, disconnected from the bottom line, and something to be addressed by HR. But, the research repeatedly suggests that the extent to which employees are well when they are at work and even when they are away from work, largely comes down to leadership commitment – especially from *managers*. This talk outlines the critical role that every team leader plays in embedding wellness into the fabric of business as usual, enabling their tema members to be well, 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

### 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