LAURA PUTNAM

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 Dr. Oz, TV Personality and 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 teaches at Stanford University and is the recipient of the American Heart Association’s “2020 Impact” award and the National Wellness Institutes “Circle of Leadership” award. A graduate of Stanford University and Brown University, Laura lives in San Francisco with her fiancé.