Laura Putnam

**Born to Move, Told to Sit**
*Our future in the balance*

Jerry Seinfeld once joked about how we load up into cars, just to unload into restaurants, movie seats, or back to our own living room couch. Americans sit a lot – on average, over 10 hours a day. Moreover, we’ve inadvertently spawned an epidemic of sitting around the world.

There are a multitude of factors that keep us from moving throughout the day: classrooms where kids sit for hours at a time, work environments that keep people constantly in front of computers, even groceries that are delivered to our homes. Meanwhile, we are inundated by a stream of fad exercise classes and news stories about the dangers of sitting. We’re told what to do: “Move more, sit less!” And we are left to feel that we’re failing ourselves and that we are to blame. But the reality is that widespread change can only happen when we collectively change the culture and environment that surrounds us.

As human beings, we are designed to move. The problem is, we live in a society that literally mandates us to sit. This session unpacks the “biological-cultural” mismatch we’ve created – and provides a meaningful roadmap forward. After hearing this talk, you’ll rethink the next time you ask someone to “Have a seat!”

**Workplace Wellness That Works**
*10 steps to infuse vitality & well-being into any organization*

The evidence is clear: a healthier, happier workforce is good for people, good for the bottom line and essential for building a winning team. But, are workplace wellness actually working? Evidence suggests most do not. Over 80% of eligible employees are opting out and rates of stress and poor health continue to soar.

Learn about how you *can* get workplace wellness to work and why you should – especially now in the time of COVID-19. You will walk away with a 10-step template to measurably improve the health and vitality of your employees. Come away inspired to start a movement of well-being in your organization!

**Creatures of Culture**
*No, we are NOT creatures of habit*

It’s time for a rethink on why our wellness efforts aren’t getting us any healthier, and what we can do differently. Hint: we do *not* need another self-help book or another app designed to improve our individual habits. Rather, the key lies in taking collective action. As COVID-19 has laid bare, “there is no me without you.” That is, the only way forward is *together*. This provocative talk unpacks the cultural complexities that get in the way of each of us becoming our best selves and then explores how each of us tackle these barriers to become accountable for ourselves and for others. Walk away with an understanding of why we are “creatures of culture,” along with a blueprint to make a difference in your community, your workplace, the team you’re on, and for yourself.

**Multipliers of Well-Being**
​*What the best team leaders do differently*

A healthier, happier workforce is good for everyone. The problem is, most leaders continue to view wellness as being outside of their scope, disconnected from the bottom line, and something to be addressed by HR. Meanwhile, an extensive body of literature clearly shows that the extent to which employees are well largely comes down to leaders, especially *managers*.

Learn about the critical role that the team leader plays in embedding wellness into the fabric of business as usual, and the steps each can take to become a Multiplier of Well-Being.

**Me at My Best®**
*How to drive personal performance through well-being*

In a challenging time, how can we not only survive, but thrive? How can we become our version of “Me at My Best®” as we each navigate our way through the fallout from COVID-19? Through a combination of stories and science, learn about the secrets needed to weather the storm to become more resilient. You'll get up to speed on the multiple dimensions needed to be your best self: physical, emotional, social, financial, career, and community. Come away refreshed and armed with specific takeaways to catapult yourself into a revitalized way of living. ​

**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. At a time when our country is confronting three overlapping crises - coronavirus, financial distress, and reckoning with racism and injustice - how do we cope and how can we each make a difference? Come away with practical strategies to sustain well-being, purpose, and a sense of meaning.