LAURA PUTNAM

Laura Putnam is turning the wellness world upside down. From a book that pioneers a whole new system for workplace wellness to keynote speeches that are jam-packed with vitality, insight and humor - Laura is ready to revolutionize any organization.

She is a speaker, author, trainer and consultant, and has keynoted at conferences, corporations 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.”

As CEO of [Motion Infusion](http://motioninfusion.com/), a wellness and human performance improvement provider, Laura is helping organizations to “get in motion." By merging evidence-based methodologies from the field of wellness with best practices from the field of learning and development, Motion Infusion is introducing creative solutions to address engagement, behavior change, human performance, and building healthier, happier, more innovative organizations.

Laura’s 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*. She recently was welcomed as part of the Vitality Lab which is a collaborative community hosted by Google to help navigate the big challenges in health and well-being, aspiring to help organizations, their people, families, and communities live purposeful and healthy lives.

Laura has taught 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.