Laura Putnam

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

From classrooms where our kids sit for hours at a time to workplaces that keep us in front of computers to groceries that are delivered to our homes – we sit a lot. Meanwhile, we’re told: “Move more, sit less!” We feel like we’re failing ourselves, but the truth is, there are larger societal forces at play. This session unpacks those forces – and provides a path forward.

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

A healthier, happier workforce is good for people, good for the bottom line and essential for building a winning team. But, do workplace wellness programs actually work? Most don’t. Learn about how you can get workplace wellness to work and why you should, especially now. Come away inspired to start a movement of well-being in your organization!

**MULTIPLIERS OF WELL-BEING**
*What the best team leaders do differently.*

Wellness may not be in your job description, but if you’re a manager, you hold the key to the well-being of your team members. Really. Learn about why well-being matters, why you matter and the steps you can take to become a Multiplier of Well-Being.

**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 secrets needed to thrive and catapult yourself into a revitalized way of living.