



**Patty Purpur de Vries, M.S.**

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The chief experience officer at Living Well USA, Patty Purpur de Vries is a pioneer in integrating neuroscience, positive psychology, and nature-based practices to elevate leadership and well-being. A former Stanford University wellness leader, she developed engaging programs supporting thousands of faculty, clinicians, and staff. Earlier in her career, she founded TimeOut Services, Inc., a nationally recognized wellness company serving clients including Google, Yahoo, Cisco and Tivo. Patty is the author of *The Soft Side of Success* and *Living Well Within: Awakening Your Energy, Healing Your Life, and Remembering Who You Are*. She is also a contributing author on the topics of physician well-being and neuroliteracy. During her time with the Stanford Medicine physician wellness team, she co-created the original Stanford Medicine Model of Professional Fulfillment, now used by organizations across the country. A nine-time NCAA All-American and 1988 Olympic Trials competitor in track and field, Patty holds a B.A. degree in psychology from Stanford University and an M.S. degree in health promotion management. Today, she leads transformational leadership programs at her 4.5-acre retreat center in the mountains overlooking the forest all the way to the Monterey Bay in California. She and her husband have transformed their land into a place for growth, empowering individuals and organizations to thrive from the inside out.