



Laura Putnam

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Laura Putnam is author of *Workplace Wellness That Works* (Wiley) and CEO and founder of Motion Infusion, a well-being training and consulting firm that provides creative solutions in the areas of engagement, behavior change, human performance and building healthier, happier and more innovative organizations. A leading authority on how organizations can promote well-being at work and inspire employees to adopt healthier behaviors, she is a frequent keynote speaker, provides training workshops nationally and internationally and has worked with Fortune 500s, government agencies, academic institutes, schools and nonprofits. Putnam also serves as the chair of the American Heart Association's Greater Bay Area 2020 Task Force and is a recipient of the American Heart Association's "2020 Impact" award. Recent and upcoming appearances include MSNBC "Your Business," *Business Insider*, *Investor's Business Daily*, *Monster.com*, *The Globe and Mail*, *San Francisco Chronicle* and NPR. Her unique voice on workplace wellness and engagement are informed by her experiences as a learning and development professional, an urban public high school teacher, a community organizer in West Africa, staff for the United States Senate Subcommittee on Antitrust, a nationally competitive collegiate gymnast, professional dancer and certified Pilates instructor. Putnam holds a bachelor of arts degree in international relations from Stanford University and a master of arts degree in education from Brown University. She lives in San Francisco with her fiancé.