



Laura Putnam
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Laura Putnam, workplace well-being expert, author of the bestselling book *Workplace Wellness that Works*, CEO of Laura Putnam Speaking, offers new perspectives on an old topic: wellness. Through her keynotes, workshops, and licensed content, Laura has energized over 500 organizations and has activated over 50,000 managers and leaders worldwide. She moves beyond the typical “It starts with you” wellness talk to a conversation about why “It starts with us.” True well-being at work, she contends, must combine wellness with culture and with leadership. In her talks, Laura brings forward her unique background as a nationally competitive gymnast, professional dancer, international community organizer, urban public high school teacher, and now movement builder in the world of health and wellbeing. Over the past 17 years, Laura has been rolling up her sleeves, testing out what works—and what doesn’t. The impact of her groundbreaking programs, as measured by third parties, have been published and cited by leading institutions like the Mayo Clinic. It is her real-world experiences, combined with a deep understanding of the research and her ability to translate the research in a relatable and humorous way, that has made her an indispensable guide to companies and their leaders. Laura has been featured in The New York Times, Forbes, Fast Company, USA Today, FOX, ABC, MSNBC and many other media outlets. Recognized as a 2025 Woman of Impact nominee by the American Heart Association, she also received the American Heart Association’s 2020 Impact Award and the National Wellness Institute’s Circle of Leadership Award. A graduate of Brown University and Stanford University, Laura lives in San Francisco with her fiancé, her unruly cat and adorable puppy. She travels around the world building wellness that works.