

# POWER TO THE PEOPLE

## Research + Inspiration = Revitalization

Motion Infusion takes a fresh look at wellness, reframing it as a link to top performance. Beginning with the basic building blocks for better health, our offerings also explore happiness, innovation and leading with purpose. Our approach emphasizes an infusion of easy-to-do techniques into everyday activities, tailored to meet your needs. With a unique combination of relevant statistics, case studies and scientific research along with meaningful stories and a good dose of humor, your team members will discover how they can get big results with simple steps.

### PRAISE

“Other lunch n’ learns try to get people to participate. Yours actually did.”

—Leslie Garcia,  
Senior Benefits Director at IDT

## HERE'S A SNAPSHOT OF THE SESSIONS WE OFFER:

### LIVING WITH VITALITY

What are the keys to not just surviving – but fully thriving? Learn about the multidimensional essentials of well-being, including physical, emotional, social, financial, career and community. Come away with specific takeaways to catapult yourself into a revitalized way of living.

### GOALS BUILT TO LAST

Our well-being is largely a result of our choices. The real challenge is getting ourselves to close the “knowing and doing” gap. How many times have you set a New Year’s Resolution only to have it fail? Come away with strategies like “tiny habits” to achieve a lasting healthy lifestyle.

### GET MOVING

It’s time to take action! Get the latest on how sedentary lifestyles are affecting us, why getting active is more than just “getting a workout,” and how to infuse motion into your daily routine, even when “there’s no time.” After leaving this session, you’ll reconsider next time you ask someone to “Have a seat!”

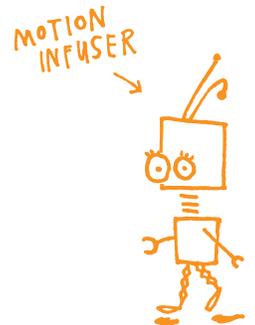
### GET SOUL

It’s time to take an honest look at healthy eating – and why our well-intended efforts are often misdirected. Learn about new research that uncovers a better way to lose weight and why getting more “SOUL” — as in, “seasonal, organic, unadulterated and local” — is key to sustainable health and well-being.

### GET RESILIENT

Let’s face it – we live in a world full of stress. The real question is – what can you do about it? From the story behind “Type A” versus “Type B” to insights from Viktor Frankl’s Man’s Search for Meaning to the concept of proactive restoration, learn how you can better manage stress and build resiliency with simple, yet effective practices.

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Learn more at [www.motioninfusion.com](http://www.motioninfusion.com)

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## GET HAPPY

Move beyond stress management to explore the fundamentals of true happiness: joy in the moment, social connections, career satisfaction and a deep sense of purpose and meaning.

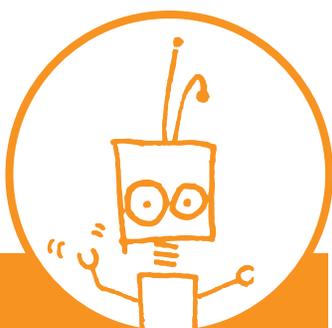
## GET INNOVATIVE

Through an exploration of brain-based research, compelling case studies and a template to build your creative capacity, learn how movement can help you to unleash your “inner genius” and why it’s never too late to get started.

## STAND UP FOR BEING THE CHANGE

When it comes to health, well-being and living with vitality, each of us can become agents for change. Starting with yourself, learn about how you can spark a movement of well-being to positively influence your co-workers, your family, your community, and even your world.

### ABOUT MOTION INFUSION



**Motion Infusion**, a well-being training and consulting firm based in San Francisco, helps organizations to “get in motion.” Merging evidence-based methods from the field of wellness with best practices from the field of learning and development, Motion Infusion offers creative solutions in the areas of engagement, behavior change, and human performance improvement. We can help you to enhance employee well-being and build a healthier, happier and more innovative organization. Services include keynote speaking, leadership development, management training, team development, and train-the-trainer programs. Motion Infusion’s clients range from Fortune 500 companies to nonprofits, schools, and government entities. If you’re ready to start a movement of well-being in your organization, we’re ready to help!

[www.motioninfusion.com](http://www.motioninfusion.com)

### ABOUT LAURA



**Laura Putnam, MA**, author of *Workplace Wellness That Works* (WILEY, 2015), is CEO and founder of Motion Infusion, whose work has been covered by MSNBC, The New York Times, US News & World Report, Entrepreneur, and NPR. She is a former teacher, dancer, gymnast and now a movement-builder in the world of health and wellness. A leading authority on how organizations can promote well-being at work and how managers and leaders can build winning teams, Laura is a frequent keynote speaker and training facilitator. She is a recipient of the American Heart Association’s “2020 Impact” award and the National Wellness Institute’s “Circle of Leadership” award.” A graduate of Brown University School of Education and Stanford University in International Relations, she lives in San Francisco with her fiancé.

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