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Laura Putnam, workplace wellbeing expert, author of *Workplace Wellness that Works*, and chief learning officer at Upli, is transforming how organizations approach wellness. Through her keynotes, workshops, and licensed content, she has energized hundreds of companies and activated over 50,000 leaders worldwide. Rather than the typical “It starts with you” wellness message, Laura shifts the focus to “It starts with us,” offering actionable, evidence-based strategies that drive real change. Over the past 17 years, she has tested and refined what truly works, with her programs cited by leading institutions such as the Mayo Clinic. Laura’s insights have been featured in *The New York Times*, *Forbes*, *Fast Company*, and major networks such as FOX and MSNBC. A 2025 Woman of Impact nominee by the American Heart Association, she has also received its 2020 Impact award and the National Wellness Institute’s Circle of Leadership award.