

# Laura Greco, RN, MEd

speaker, author, coach

*"It's like she's in my head reading my mind and talking directly to me."*



## ABOUT LAURA

With 30+ years as a nurse, speaker and coach Laura helps healthcare professionals find their elusive joyful work-life balance.

Laura has a BSN (University of Michigan), masters in adult education (Penn State), certifications in wellness coaching (Wellcoaches and Center for Credentialing and Education) and training in mind-body connection, mindfulness and managing stress from the Benson-Henry Institute for Mind Body Medicine (Massachusetts General Hospital) and HeartMath Institute.

Laura breaks apart complex and sometimes intangible topics of stress, burnout, compassion, and lifestyle imbalance and reassembles them with clarity, highlighting simple action steps and why they work. Using evidence based practical strategies Laura inspires change with humor and empathy. **Your audience will leave feeling capable, empowered, and inspired to make positive changes.**

## TESTIMONIALS

*"Laura does not present a lecture as much as she guides her audience along a path of discovery, engaging and drawing them into the process."*  
~Kathy Ferri  
Community Affairs Analyst, Highmark Health

*"Laura is not just a knowledgeable author, but a subject matter expert who conveys up-to-date practical information on how to integrate wellness into our incredibly in-over-our-heads hectic lives."*  
~Joe O'Brien  
Director Human Resources, Oberg Technologies

## SPEAKING AND WORKSHOP TOPICS

### **Eliminate Personal Burnout: 6 crucial factors**

Compassion, gratitude, joy, purpose, mindset and mindfulness all play a role in managing burnout. Create a strategy that works for you.

### **Stress Less: Why we stress the way we do and how to make it beneficial**

Stress's tentacles reach into every aspect of our lives: our weight, sleep, mood, immunity, metabolism and productivity are all affected by stress. You can manage your body by managing your stress...and benefit from it.

### **Mindfulness, Mindset and Meditation...mmm mmm good for you!**

Boosting your productivity and satisfaction starts in your head. Quieting your thoughts and letting your brain be still doesn't have to be intimidating, complicated or difficult. Recognize your thought patterns and why you have them. Discover the joy and simplicity of meditation and mindfulness.

### **Resilience: It's yours for the making**

How do some people bounce back from challenging experiences? Many characteristics of resilience can be cultivated. Take stock of your strengths.

### **Joyful Living: More peace, balance and happiness**

We can and do tolerate a lot of lifestyle-imbalance, but we don't need to. Who doesn't want a harmonious joyful life? Take the reins and make it happen.

### **Wellness Made Simple: The 7 interrelated keys to wellness**

Based on Laura's book *Wellness Made Simple*, explore how simple lifestyle changes in any one of these areas (sleep, mindset, happiness, stress, time management, eating, exercise) can create positive results in your overall wellness.

## ORGANIZATIONS LAURA HAS WORKED WITH INCLUDE

