

Short Introduction for Speaking Engagements, September 2018

Laurie Cameron, a National Geographic author of *The Mindful Day*, TEDx speaker and mindful leadership consultant, is the founder of PurposeBlue – focused on optimizing human potential and organizational performance through positive psychology, neuroscience, mindfulness and compassion. She teaches Mindful Leadership at the R.H. Smith School of Business at the University of Maryland and is a Senior Fellow at George Mason University’s Center for the Advancement of Well-being. A mindfulness practitioner for over 20 years, she received the Five Mindfulness Trainings in a quiet sunrise ceremony from Zen master Thich Nhat Hanh (pronounced TICK NOT HAN) and was given the name Fresh Lovingkindness of the Heart in a sunrise ceremony.

Praise for *The Mindful Day*

“Imagine living a life fully present, open to receiving the gifts each day brings with open awareness and deep gratitude. Laurie Cameron’s beautiful guide offers simple and fresh suggestions for developing such a mindful way of being in the world—exploring science-established formal approaches as well as informal ways we can create a meaningful and connected life at work, at home, in loving relationships and parenting. Studies reveal how the health of our bodies—including the molecules the shape our physiological well-being as well as the structure of our brains-- and the connections we have in our close relationships with others are greatly enhanced when we develop our minds to be open to present moment experience. Research supported and profound yet practical, this inspiring book will bring insights, well-being and joy into the lives of those new to cultivating awareness as well as long-time practitioners in the art of awakening the mind.”

Daniel J. Siegel, M.D. Clinical Professor, UCLA School of Medicine, and New York Times Bestselling Author, *Mind: A journey to the heart of being human*