

LORI LINDBERGH, PHD



Dr. Lori Lindbergh considers herself a disruptor, innovator, and nonconformist throughout her diverse career as a registered nurse, healthcare leader, performance consultant, industrial/organizational psychologist, and now as a *Wellness Investment Strategist*.

Lori was a self-proclaimed unwell-leader for over 30 years until she experienced her wake up call and cracked the wellness code. Her new book, inspired by her journey and that of her father, a decorated WWII veteran, transforms readers into savvy *Wellness Investors* who learn to treat their health as important as their wealth using the proprietary process in her book. Until now, there has been no evidence-based framework to do so.

Lori's hope is that by helping leaders live well and lead well, they will walk-the-wellness-talk and empower their people at work and home to value wellness and embark on their own journeys. Leaders have a duty to pay it forward and make a difference in the well-being of others.

Find out more at well-leadermindest.com or contact Lori @ lori@loriuslifestyle.com. Lori is available for speaking and onsite and virtual workshops.

"Lori is always professional, creative, and is able to solve any problem with her clients at the forefront. This book will make a great impact on the health of our leaders and teams."

--Kathleen (Kitty) Hass, Award winning author, speaker, and consultant, Kathleen Hass & Associates

"Lori's ability to decode complex scenarios and provide practical observations to solve their problems provides tremendous benefit to her clients."

--Angie Brainard, EVP, Right Management

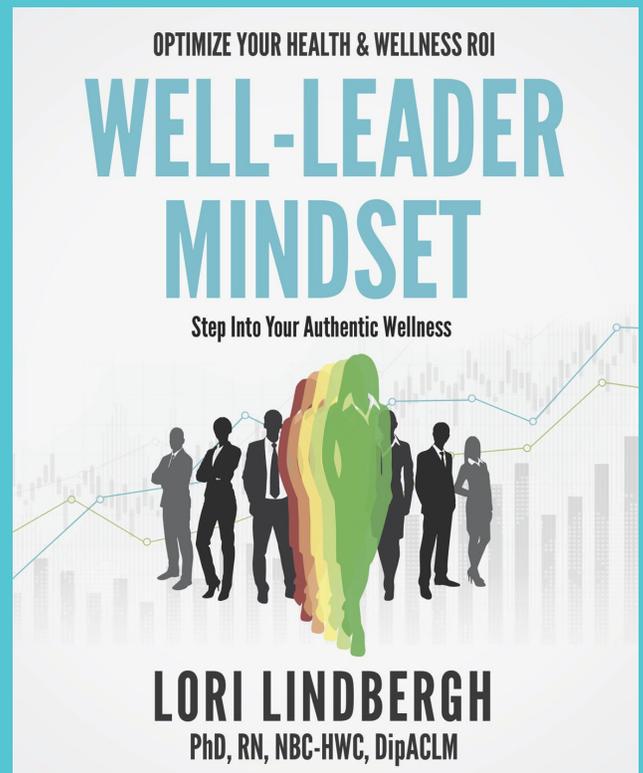
"Lori brings the appropriate mix of expertise, direction and flexibility to her work and focuses on the Why behind the data."

--Aaron Ellinger, VP, Organizational Development, RFSMART

"Lori understand her client's needs and develops solutions that provide actionable results."

--Sue Hart, SVP, Client Services, Right Management

**Change your mindset, change your life.
Stop bankrupting your health and wellness! Build your health and wellness legacy and enhance the ripple effect to share the "Whealth."**



**RELEASE DATE:
September 20, 2022**