

Presenter Bio

Brandi Lust is the founder of Learning Lab Consulting and the author of *Myths of Being Human: Four Paths to Connect with What Matters*. Through her work nationally as a speaker and consultant, she helps organizations lower stress, build resilience, and create more connection for employees through tools like mindfulness and social-emotional learning.

Brandi believes that our common humanity enhances the workplace and our lives; when we bring our whole selves to everything we do, both the easy and the hard stuff, we are more fulfilled and more effective.

Brandi has a Bachelor's degree in English from The Ohio State University and earned her M.A.Ed. from Mount Vernon Nazarene University. She has 15 years of experience as an educator and facilitator and maintains a personal mindfulness practice.

For more information, visit www.brandilust.com.