

# FUTURE CAIN

INTERNATIONAL SPEAKER



## Social and Emotional Intelligence and Wellness Expert featured in NY Times and Forbes

Future Cain is the Founder and CEO of Future of SEL and recently served as the Statewide Project Coordinator for Social and Emotional Learning and Mental Health. As an equitable social and emotional leader expert, she works with organizations, institutions, and individuals to enhance the culture, health, and well-being of others. This ambassador for humanity helps individuals see how they can positively impact the world by starting with their own self-awareness.

With over two decades of experience in education and leadership, her career expands across several industries including the private behavioral sector, early childhood through higher education, and small businesses and large corporations. She sits on the executive board for Rotary's World Seminar for high school students, is a mom to two who reside in Wisconsin, and is a certified yoga instructor who is passionate about the mental health and well-being of all adults and children.

Keynote:

## WORKPLACE WELLNESS IS MORE THAN A TREND

- The emotional, physical and financial cost the pandemic has had on employees and employers
- Ways for employers and employees to live and lead well
- Potential solutions for employee wellness
- Potential solutions for workplace wellness