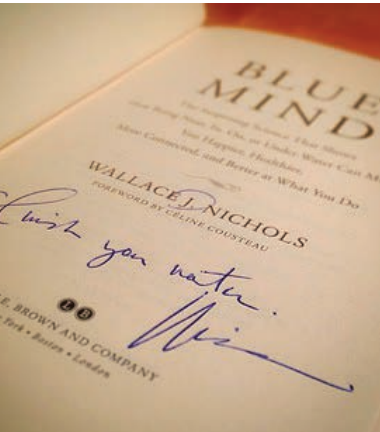


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WALLACE J NICHOLS

CHANGING CONVERSATIONS FOR GOOD





DR. WALLACE J. NICHOLS

Renowned Scientist + Bestselling Author + World Waterman

BIOGRAPHY

Dr. Wallace "J." Nichols, called "Keeper of the Sea" by GQ Magazine and "a visionary" by Outside Magazine is an entrepreneurial scientist, movement maker, voracious idea explorer, New York Times best-selling author, international speaker, loving Dad and strategic advisor and collaborator.

His experiences as a field research scientist, government consultant, founder and director of numerous businesses and non-profit organizations, teacher, mentor, parent, and advisor all support his quest to build a stronger and more diverse Blue Movement and work to inspire a deeper connection with nature through the neuroscience of the human - water connection.

He has authored more than 200 scientific papers, technical reports, book chapters, and popular publications; delivered over 300 presentations in more than 30 countries; and reached millions in various print, web, radio, podcast, film and television media outlets including NPR, BBC, PBS, CNN, MSNBC, National Geographic, Animal Planet, Time, Newsweek, GQ, Outside Magazine, Elle, Vogue, Fast Company, Surfer Magazine, Scientific American, and New Scientist, among others.

His current focus is on what he refers to as *Blue Mind*, a powerful new universal story of water and a movement of global proportions. In this he communicates the cognitive, emotional, psychological, social, and spiritual benefits of healthy oceans and waterways. By connecting neuroscientists and psychologists with aquatic experts and artists, his work is transforming many sectors, including: water and food infrastructure; environment and conservation; technology and innovation; health and well-being; education and parenting; arts, architecture and design; real estate and planning; travel and tourism; and sports and recreation.

His book *Blue Mind*, published by Little, Brown & Company, quickly became a national bestseller and has been translated to over a dozen languages and has inspired a wave of media and practical applications.



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BLUE MIND refers to the mildly meditative state that we feel when we're near, in, on or under water that gives us a sense of well-being and connectedness to the world. Blue Mind connects the dots between neuroscience and economics, water and wellness, poetry and practice by focusing on the often overlooked cognitive, emotional, social, psychological and spiritual benefits of healthy oceans + waterways.

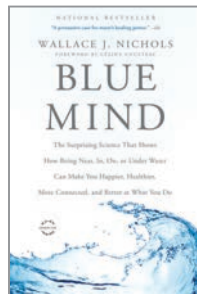
Based on the New York Times best seller, *Blue Mind: The Surprising Science That Shows How Being Near, In, On or Under Water Can Make You Happier, Healthier, More Connected and Better at What You Do* by Dr. Wallace J. Nichols, Blue Mind jump-started a global conversation about the intersection between wild waters and the human brain. The book has been translated into a dozen languages and formats is now on its ninth printing.

BLUE MIND WORKS seeks to expand upon the true value of water by adding the emotional component to the economical, ecological and educational conversations surrounding healthy, clean waterways. This perspective is established by working closely with WET HEARTS sectors all over the globe.

- Water + Food Infrastructure • Environment + Conservation
- Technology + Innovation • Health + Wellbeing
- Education + Parenting • Arts, Architecture + Design
- Real Estate + Planning • Travel + Leisure • Sports + Recreation

BLUE MIND spans the globe with an ever-growing international influence and inspires millions to reconnect to our planet by sharing a new story of water. The message is multifaceted and interdisciplinary, reaching diverse backgrounds, perspectives, and sectors while serving to reconnect people to themselves, each other and our little blue planet. Through this work the Blue Mind ethos is rapidly becoming common knowledge.

- BLUE MIND SUMMITS • BOOKS • BLUE MIND Rx**
- 100 DAYS OF BLUE • BLUE MIND AMBASSADORS**
- BLUE MIND AWARDS • BLUE MIND EDUCATION**
- BLUE MIND COLLECTIVE • BLUE MARBLES**
- CONSULTING • BRAND DEVELOPMENT**
- KEYNOTES • WORKSHOPS • RETREATS**



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BLUE MIND FAST FACTS

300+ international keynote lectures + workshops

hundreds of millions reached via #bluemind social media

a billion reached through print, web, radio, podcast film + tv

over 50,000 social media followers + friends

global consultant to businesses, government + multi-media projects

brand spokesperson + collaborative partner

new york times bestselling author

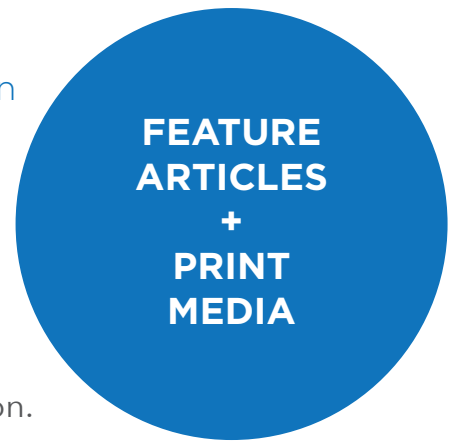
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Outside Magazine

A 'big Idea' book that will change the way you think.

Psychology Today

If simply being near water boosts happiness, being immersed in it may be even more powerful. The effect is akin to that of meditation.

The Washington Post

A fascinating study of the emotional, behavioral, psychological and physical connections that keep humans so enchanted with water.

GQ Magazine

Nichols insists on a more experiential brand of activism, encouraging individuals to encounter the ocean directly in order to build personal and emotional connections-to get their feet wet.

Chicago Sun Times

[Nichols] thinks the value of water is underutilized, under-estimated. So he scientifically documents the economic, cultural, health (medicinal) and emotional value to water.

Shape Magazine

The benefits are magnified if you enjoy the sea with someone close to you. 'We find that people's relationships deepen—they connect more,' Nichols says. Being with someone in or around the water, he says, can increase levels of oxytocin, a chemical that plays a role in trust-building. This helps you write a new script about your relationships. 'If your relationship is all about being in stressful, indoor situations, floating in the ocean can really make your relationship better.'

Conde Nast Traveler

If you talk to Wallace J. Nichols, Ph.D., a marine biologist and the author of Blue Mind, a book about the physical and psychological benefits of water, for long enough, he'll eventually ask you what your water is. And as it turns out, nearly everyone has an answer.

The Atlantic

But whether walking on it, surfing it, or bathing with it, water has been at the center of transformative rituals throughout history. 'Across all spiritual traditions, cultures, and times, you find the use of water to achieve states of awe, grace, and love,' said Wallace J. Nichols, a biologist and the author of the New York Times bestseller Blue Mind, which explores how humans can benefit from being close to water. 'We scientists avoid those words like the plague. But if you're on the water a lot, those end up being the words you need to describe your experiences.'



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Tom Lachocki, CEO, National Swimming Pool Foundation

Dr. Nichols' Blue Mind keynote revealed that bringing water into people's lives brings more life to people.

Tim Dykman, Ocean Revolution

It's rare to meet someone that helps your brain work better, makes your courage grow, and makes your struggles and sacrifices seem small.

Kami Johle Butt, American Water Works Association

What a fantastic speaker! I've heard nothing but overwhelmingly positive feedback on this presentation. He definitely engaged our attendees on an entirely different level.

Leila Conners, Director, The 11th Hour, President, Tree Media Group

J. provided a clarity of vision and clear communication about the state of the world's oceans for our film, The 11th Hour. He speaks from the heart and is a new leader and peaceful warrior for the planet.

Stacie Beute, Desert Botanical Gardens, Central Arizona Conservation Alliance

The event was perfect. J was perfect. As our inaugural speaker, J helped put this event and our program on the map. I cannot thank J enough for his work, his passion, and his message. He has inspired us all to action.

Matthew Spiegl, Esq.

Your 'outside the box' collaboration resulted in a very insightful and thought provoking presentation that would have stood on its own as one of the highlights of the festival [BLUE Ocean Film Festival].

Celine Cousteau

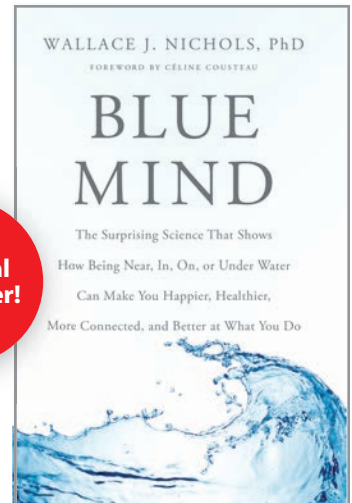
Blue Mind is deep down about human curiosity, knowing ourselves more and better. If J. weren't curious, we wouldn't be here now.

Kristin Maharg, Director, Colorado Foundation for Water Education

On behalf of all conference partners and attendees, thank you so much for your moving presentation. particularly appreciated your generosity of time and spirit plus your personal touch.

Erika Sluebing, Georgia Aquarium

When we got the email that Dr. Nichols was coming to discuss the merger of the ocean and neuroscience, I was ecstatic to hear how he planned to make that work, and I must say, it was the most inspiring lecture I've ever attended at the Georgia Aquarium."



Shane Toohey, AIP Group

J Nichols is one of the very best at engaging an audience, sparking meaningful thoughtful debate, and linking his message to your key objectives.



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