

# Laurie Parma

Founder of LifeCloud & Wellbeing Researcher

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## Summary

Amidst highest technological advances and human tightest interconnectedness: it's incredible that chronic illnesses, from burnout, anxiety or depression to lifestyle illnesses, would be a worldwide epidemic. To move beyond this crisis in meaning, we need to redefining what it means to be well. My aim is to transcend the status quo of well-being and catalyse a shift in perspective and behavioural change which ensures people and communities truly thrive. I use a comprehensive and interdisciplinary approach to move beyond stress management and sustain longterm flourishing.

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## Experience

Founder at Life Cloud

September 2017 - Present

LifeCloud's mission is to create contexts in which people can thrive. We assess, consult, develop and deliver tailor-made wellbeing programmes. We create safe emotional and psychological spaces through building strong communities, resilience and empowerment. We use a comprehensive and interdisciplinary approach to move beyond stress management and sustain longterm flourishing.

Wellbeing Researcher at University of Cambridge

October 2014 - September 2017 (3 years)

I led the following projects:

Project 1: Does biodiversity promoter greater human Wellbeing? In collaboration with Cambridge Conservation Initiative (CCI) and the department of Zoology.

Project 2: The relationship between yoga and physical and psychological well-being. In collaboration with ETHOS.

Behavioural Scientist at University of Cambridge

October 2016 - August 2017 (11 months)

Accelerate Cambridge at Cambridge Judge Business School

April 2016 - August 2016 (5 months)

Graduate Research Internship at University of Cambridge

July 2014 - September 2014 (3 months)

The relationship between yoga and physical and psychological well-being

## Masters Research Internship at University of Cambridge

January 2014 - July 2014 (7 months)

Masters thesis research project on Cardiac Vagal Tone and social support in relationships at Cambridge prosociality and Well-being Lab

## Scientific Host at Cap Sciences

March 2013 - December 2013 (10 months)

Tour guide of "cervorama" exhibition, activity organisation and hosting.

## Masters Research Internship at University of Oxford

April 2013 - June 2013 (3 months)

"Measuring the effect of a transparent distracter surface on visual performances" at the Department of Physiology, Anatomy and Genetics.

Tutor : Andrew Parker.

## Youth counselor

July 2010 - July 2010 (1 month)

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## Education

Université de Bordeaux

Master's degree, Neurosciences and neuropsychopharmacology, 2012 - 2014

University of Sussex

ERASMUS exchange program - january to june 2012, Neuroscience, 2012 - 2012

Université de Bordeaux

BS in Biology, Cell Physiology, 2009 - 2012

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[Contact Laurie on LinkedIn](#)