



SHATTERING THE MYTH OF WORK-LIFE:

Overcome overwhelm to live and work well

Are you tired of hearing about work-life balance?

Work and life are both part of your environment. Expecting one to balance out the other is unreasonable. How do we deal with stress when life is so busy? In her research on job stress Eliz Greene discovered overwhelm is at the root of stress, not lack of balance. Her program brings clarity and a plan to prevent busy from standing in the way of productivity, creativity, problem solving, and quality of life.

Built with humorous and engaging stories, and based on unique research, this high-energy program explores the challenges of overwhelm and provides real-world, immediately implementable strategies to reduce stress, improve focus, and get more of what is important done.

Wellness expert Eliz Greene draws on her experience working with high performers and original research exploring how to work through stress rather than being bogged down by it. Using a copyrighted assessment tool, Eliz also shares unique insight into the stress environment faced by the attendees.

Eliz survived a heart attack at age 35 while seven months pregnant with twins and knows limiting stress is essential to a long, enjoyable and productive life. Her laser focus on priority, warm and funny stories, and immediately implementable strategies inspire participants to reach new heights while protecting productive time, personal relationships, and wellness. Participants will:

- **Utilize** a copyrighted assessment tool to explore the unique stress environment faced by the audience.
- **Uncover** the elements of their personal stress environment and unconscious stress triggers using Post-it notes
- **Discover** their stress recovery personality type.
- **Practice** stress management skills* — including laughter!
*Warning: There may be dancing.

45 - 70 minute Keynote or 1/2 Day Workshop (can be combined with other programs or a full day seminar)

Perfect for:

Women's Wellness Event
Direct Sales Conference
Women's Leadership Conference
Employee Wellness Programs
Closing Keynote
Patient Conferences
Nursing Conferences

Interactive participation may include:

- Human pie charts
- Post-it exercise
- Stress reduction style quiz
- Dancing if appropriate