



Introduction of Eliz Greene

(Eliz is pronounced E-Liz... like E-mail)

Our speaker today asks:

Is your team bogged down by unavoidable stress?

Eliz Greene has received volumes of unvarnished truth from employees and leaders all over the world as part of her research on job stress.

Working with a wide range of organizations from NASA to Forward Financial to Colgate Palmolive... and smaller organizations as well, she's seen how high performance teams become immune to overwhelm and uncertainty while protecting their own productivity and quality of life.

She's seen what works...and what doesn't.

She's here to share how yoga at work almost destroyed a team, and how one small conversation can make all the difference.

Please welcome **Eliz Greene**.