



Introduction of Eliz Greene

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

Our guest today asks:

Do you worry about the toll all of the uncertainty and stress is taking on your health, quality of life... and maybe even your sanity?

Eliz Greene has a thing or two to say about stress.

She is a professional speaker, a small business owner, and a mother of 19-year-old twins.

She 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, purpose-driven leaders create teams immune to overwhelm and uncertainty while protecting their own productivity and quality of life.

She is on a mission to help busy people deal with the stress caused by uncertainty and overwhelm so they can feel better, protect their health, and get more of the important stuff done...

... and don't we all want that.