



Surviving a heart attack at age 35 while seven months pregnant with twins propelled Eliz Greene on a mission to share her story to inspire other busy people to pay attention to their health.

Recognizing stress as an essential and often under-addressed risk factor, Eliz conducted a research study on job stress. Eliz is an author and writes a Top Health and Wellness Blog. She was named as a Top Online Influencer on Stress and Heart Health.

Education:

University of Wisconsin-Madison
Bachelor of Arts: Communication Arts
1989
US Sailing Race Management
Certification 2021
Certified Accountability Advisor 2022

Occupation:

Stress Management Consultant,
Speaker, and Author

Service:

National Speakers Association-
Wisconsin - Board President - 2022
(Executive Member 2020 - Present)
Dean, Academy for Professional
Speaking 2005-2015
National Speakers Association -
National Conference Chair 2022
(Executive Member 2020 - Present)
MAST Racing Fleet - Race Chair - 2022
Midwest Women's Sailing Conference -
Vice President 2020 - 2022
Fox Point Bayside School District Board
Member 2010 - 2013

Affiliation:

National Speakers Association
National Speakers Association -
Wisconsin
US Sailing

Awards:

National Speakers Association
Wisconsin Chapter Member of the Year
2022, 2013, & 2008
Rising Star Award 2005
American Heart Association
Heart Hero - 2010
Advocacy Leadership Award 2006

Media Appearances:

National Spokesperson: Take Cholesterol To
Heart Campaign 2017-2020
National Spokesperson: American Heart
Association 2000 - present
Spokesperson: Smoke-free Wisconsin
2006-2007
TNT, The Doctors, CNN, LifeTime, Today Show
and more than 100 television appearances
across the country.
Ladies Home Journal, Wisconsin Woman,
Exclusively Yours, Madison Magazine, Healthy
Woman, New York Times, Chicago Sun Times,
Washington Post, and hundreds of American
and international newspapers and magazines.

Writing:

Author of 4 books including the ***Stress-Proof
Your Life*** and the ***Busy Woman's Guide to a
Health Heart***.
Embrace Your Heart Blog: Top 50 Health and
Wellness Blog
Hundreds of published articles on heart
health and stress management.