

## Suggested Interview Questions

(these are not a script - please pick and choose from the list)

- How did you become a professional speaker and author on the topic of stress? Your bio says you are “ridiculously excited about stress” why is stress your favorite topic?
- Your book is titled Stress-Proof Your Life: high performance under pressure. What do you mean by stress-proof?
- Why did you do research on job stress?
- What kind of organizations participated in your study?
- What surprised you about your study results?
- What do you think is the biggest stumbling block most organizations face when trying to address stress?
- Is work-life balance even possible?
- From talking with our members, what are some unique stressors they face and why are they so difficult?
- You interviewed more than 100 leaders for your book, what is one insight you can share from those interviews?
- What are you excited to share with our members at the event?
- What is one tip for dealing with unrelenting stress?

### Short Bio:

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.

**Photos available at:** <https://elizgreene.com/media/resources/>