



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- Present
Wisconsin Chapter service includes
Executive Board Member 2020 - present,
Dean of Academy for Professional
Speaking 2005-2015, Board member 2005
- 2010
**National Speakers Association - National
Conference Chair 2022. National Service
includes** National Conference Executive
Member 2019 - 2022, Community Group
Task Force 2018 - 2020, Community Group
Committee Chair 2015 - 2018, 2014
Winter Conference Pre-Con Organizer,
Membership Segmentation Task Force,
Academy Curriculum Task Force, NSA XY
Lead Volunteer.
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.