ElizGreene
Low Stress & Great Success

Bio

(do **NOT** read as an introduction)

SHORT BIO

Eliz Greene is a professional speaker and author of *Stress-Proof Your Life* who studies what sustained pressure does to capable people. She works with leaders navigating persistent demands, showing them how to recognize overload early, protect decision quality, and sustain meaningful performance without sacrificing long-term health.

MEDIUM BIO

Eliz Greene is a professional speaker, workplace stress researcher, and author of *Stress-Proof Your Life*. She speaks to leaders operating under sustained pressure about how accumulated demands quietly influence clarity, decision-making, and performance.

After surviving a heart attack at age 35 while seven months pregnant with twins, Eliz became deeply curious about why capable professionals can feel stretched or slower when pressure persists. She has since interviewed thousands of leaders and developed practical frameworks that translate stress physiology into observable signals and usable recalibration strategies.

Her programs have been delivered for organizations including NASA, CVS Health, and the American Heart Association. Audiences leave with tools to recognize overload early and maintain steady performance when conditions remain unpredictable.

LONG BIO

Eliz Greene is a professional speaker, workplace stress researcher, and author of *Stress-Proof Your Life*. Her work focuses on how sustained pressure and persistent demands influence leadership judgment, performance, and long-term health.

At age 35, while seven months pregnant with twins, Eliz survived a heart attack. That experience reshaped her understanding of how capable, committed professionals carry pressure in real life and real work. She has since interviewed thousands of leaders and observed how capacity strain shows up as decisions feel heavier, patience shortens, and performance requires more effort to sustain.

Today, she translates stress physiology into practical behavioral strategies leaders can use to recognize overload early, recalibrate during high-demand seasons, and protect cognitive clarity. She has worked with organizations including NASA, CVS Health, and the American Heart Association, equipping audiences to sustain performance without unnecessary long-term health consequences.

With more than two decades of keynote experience, Eliz is known for combining relatable insight, research-informed perspective, and immediately usable tools that help leaders remain fully engaged in meaningful work and life over time.

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