

Press Kit Media Questions



Stress and Burnout

What is the physical and mental impact of stress?

What are our current challenges that lead to increased stress and anxiety?

What is your journey with anxiety and depression?

What is the Overachiever's Trap and how does it relate to increased stress and anxiety?

Recruitment and Retention

How do I identify exactly what my employees care about?

What are the key drivers to engagement?

What are some tactics to focus teams and increase retention and productivity?

How do successful leaders inspire their best employees to recruit their friends?

Productivity and Focus

How do I identify the tasks that really move the needle for my organization and my role?

What are some tangible ways we can prioritize and schedule effectively?

How can I reduce distractions, get into deep focus and deliver real results in the work from wherever era?

Is it possible to turn work 'off'?