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# Interview Questions: Cheers to Monday

1. Cheers to Monday! What made you want to write this book, now, and how did you arrive at that title? Did you know it would be called that before you started?
2. What's one thing every person could start doing the next time they're at their desk at work to start living with less stress and more joy?
3. Can you elaborate on what you call The Unstressing Method? How does it work? How long does it take?
4. What was one thing you realized while writing the book that truly surprised you about stress?
5. Everyone here cares about healthcare. What health effects did stress have on you personally that led you to write this book, and what did you learn in your research?
6. You shared a story about receiving a call from work during maternity leave and interpreting it as a threat to your relevance, which led you to keep working. Many women leaders carry similar, often unspoken, fears. How should today's workplaces be showing up differently so women don't feel they have to choose between presence and progress?
7. In Cheers to Monday, you write about how isolation can quietly amplify stress. How have your relationships and networks helped you lead with more clarity and resilience and what have you learned about intentionally building supportive, joyful connections both at work and beyond?
8. Many women feel pressure to prove competence by doing more and pushing harder. You've lived the pressure to overperform firsthand. How did choosing less stress help you become a more authentic version of yourself as a leader?
9. Looking back on your career, what risks were worth taking, and which ones were driven more by stress than alignment?
10. You write that a full schedule doesn't equal a full life, and today's employees are attending 192% more meetings since 2020. Outside of meetings and work commitments, what actually fills your cup, and how have you learned to protect that time? What are some small ways you step out of over-scheduling and back into what restores you?

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11. You designed the Stress Ruler to make stress visible and easier to talk about. When do you find yourself reaching for it in your own day-to-day life? Does it show up in your real life, beyond workshops and leadership sessions?
12. Now talk to us about data. I heard you commissioned a nationwide study to really better understand how people felt about stress at work. What did you learn?
13. I know I've learned so much just from talking with you today. I'm starting to see the big picture. How does joy fit into everything here? Is it really the answer to stress?
14. What can managers do better for their teams? How can they start to incorporate joy into the workday?
15. What's the best story and outcome you've heard from someone finding success in living and leading with less stress and more joy?

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# INTERVIEW QUESTIONS
# CHEERS TO MONDAY

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# INTERVIEW QUESTIONS

**Venue Computer**
Amy will present from the venue's computer. Her team will share a link to the slides ahead of time to make setup easy.

**Microphone**
Wireless lavalier microphone is preferred; handheld mic is also acceptable.

**Confidence Monitor**
Presenter preview screen (if available).

**Wireless Clicker**
Wireless remote to advance slides.

**Contact Information**
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