

PODCAST/ WEBINAR ONE SHEET

Everything You Need Before
Your Podcast/Webinar with
Danielle Robertson Rath
"GreenEyedGuide"

NAME, PRONUNCIATION, BIO

Pronunciations:

Danielle Robertson Rath - pronounced "Dan-yell Rob-urt-son Wrath"

GreenEyedGuide is pronounced as it looks (green-eyed guide), abbrev. GEG is "gee-eee-gee"

Short Bio:

Danielle Robertson Rath, better known as "GreenEyedGuide", serves the sleep-deprived and overwhelmed. After earning degrees in biochemistry and food science, she worked in the food, beverage, and supplement industry for over a decade. As the founder of GEG Research and Consulting, she is the author of two books and the leading expert in the science behind caffeine, energy drinks, and beating burnout in the workplace. GreenEyedGuide has helped shift workers, nurses, college students, and small business owners beat burnout with Caffeine Science. Like the title of her best-selling book, GreenEyedGuide teaches people "How to Get Sh*t Done When You Feel Like Sh*t".

CONTACT INFO AND SOCIAL MEDIA CHANNELS

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Instagram: [Instagram.com/greeneyedguide](https://www.instagram.com/greeneyedguide)

LinkedIn: [LinkedIn.com/in/greeneyedguide](https://www.linkedin.com/in/greeneyedguide)

YouTube: [YouTube.com/c/greeneyedguide](https://www.youtube.com/c/greeneyedguide)

TOPICS AND PROMOTIONAL TITLES

- Beating Burnout with Caffeine Science
- Caffeine Tricks Every Shift Worker Should Know
- How to Drink Caffeine at Work Without Dying
- How to Get Sh*t Done When You Feel Like Sh*t with GreenEyedGuide
- How to Use the 5 Levels of Fatigue to Keep Your Team Healthy and Safe

FREE GIFT FOR LISTENERS

Did you know Starbucks TripleShot has as much caffeine as 3 Red Bulls? Caffeinated drinks aren't always as good or bad for you as you might think. See where the top-selling coffees, teas, and energy drinks fall on the Energy Drink Report Card.

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