

# EVENT HOST ONE SHEET

Everything You Need  
Before Your Event 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)

Short Bio:

Danielle Robertson Rath is a high-energy speaker who helps those who work outside the hours of 9-5 perform their best when feeling their worst. After earning degrees in food science and biochemistry, she worked in the food/beverage industry for over a decade. She is the author of two books and the creator of the "5 Levels of Fatigue" system. Danielle has done workshops for first responders, nurses, safety professionals, and multiple universities around the country. She's considered a leading expert on Energy Drinks, and she's known for her realistic approach to beating burnout in the workplace. Danielle offers a fresh perspective, helping people see caffeine through her green eyes. That's what makes her the GreenEyedGuide.

## CONTACT INFO AND SOCIAL MEDIA CHANNELS

- Email: [info@greeneyedguide.com](mailto:info@greeneyedguide.com)
- Website: [GreenEyedGuide.com](http://GreenEyedGuide.com)
- 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)
- Podcast: "Caffeine at Midnight", available on most podcast platforms

## TOPICS AND PROMOTIONAL TITLES

- How to Perform Your Best When Feeling Your Worst
- Smart Hacks for Caffeine, Stress, and Sleep Deprivation
- Caffeine Tricks Every [your audience here] Should Know
- "Can I Drink This Every Day?" A Look at the Best and Worst Caffeinated Products
- Boosting Mood and Energy with the 5S of Caffeine

## 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.

Visit [greeneyedguide.com/freebies](http://greeneyedguide.com/freebies)

## FREE LOGOS, HEADSHOTS, AND OTHER GRAPHICS

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