

SAMPLE PODCAST INTERVIEW QUESTIONS

- Your proprietary approach emphasizes setting boundaries. How do we balance between "I'm here for you" and "Can we work on this at work tomorrow?"
- With your extensive experience in global tech projects, how can technology be our ally, rather than our adversary, in fostering healthy work boundaries and deeper human connections?
- With a high emphasis on output and deliverables, how can leaders and team members balance their individual and collective need for sustainable workloads and healthy boundaries with the reality of all those work demands?
- Given your experience with work stress and recent stats related to engagement, retention and loyalty - what research and studies stand out to you most?
- Virtual meetings (i.e. Zoom, Teams, Chime etc...) can be a difficult place to feel connected and productive. What are some tools or tips you've found that can make virtual settings more engaging and fruitful?
- Here's a personal question: how do you ensure you're setting boundaries and also maintaining meaningful connections in your life?
- In the next three to five years, how do you envision the dynamics of connection and engagement evolving in the workplace, especially with advancements in tech and shifting work paradigms?

