



Possible Interview Questions

Beth Wilson is an expert on and can add to your stories on the following:

- Women's empowerment
- Tired of Mean Girls? Finding friends with the sisterhood gene
- He's Just No Good For You: Tips For Identifying and Leaving A Destructive Relationship
- Shrink To Fit: Women making themselves small to accommodate a bad relationship
- Finding Your Authentic Self
- Why Am I So Tired? Why Can't I Keep Up? Women's work/life balance issues
- Getting over "Supermom Syndrome"
- Creating balance as a new mother
- Meditations for mothers
- Pregnancy meditations
- Slowing down to create more family harmony, reduce family stress
- Creating balance for your children
- Recognizing toxic relationships
- The impact of addictions, including AlAnon's 12-step program
- Improving interpersonal relationships
- Importance and benefits of having a life coach
- Taking control of your life, breaking through a rut
- Achieving personal and business goals
- Vigilant self-care for women
- Trends in relationships
- Women's emotional health issues