



LISTEN
LEARN
NETWORK
GROW



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- Q.** What's the first thing you do after getting out of bed?
- A.** Usually I check my email and calendar quickly and then do some exercise or a walk to get my thoughts together for the day. I travel a lot so my mornings don't always go as I plan, but spending a few minutes to orient myself to what the day brings is something I always prioritize.
- Q.** What is the one thing you always make time for each day?
- A.** Exercise or at least 30 minutes of walking is really important for my stress management. I also am hugely diligent to make sure I'm getting at least 7 hours of sleep every night—no one wants me around if I don't get enough sleep. Again, I travel quite a bit, so when I'm home, I definitely prioritize spending time with my husband and kids—and if I'm not, there is not a day that goes by that I don't spend some time on the phone with them.
- Q.** Who had the biggest impact on the person you have become?
- A.** I don't think it's one person that shapes who we become as individuals, but a series of our experiences and relationships. And that never stops, people I meet today are still shaping who I become as a person. When we stop learning and evolving, we're in big trouble.
- Q.** If you could call up anyone in the world and have a one hour conversation, who would you call?
- A.** My kids! So much of our communication now is via texting, a whole hour on the phone just to talk to one another is a rare treat these days!
- Q.** List one thing on your "bucket list" that you still need to do.
- A.** Take a game safari trip with my family in Africa. I have always been fascinated by giraffes—now my youngest daughter is as well. So we've promised her a safari, but she doesn't know I have a secret agenda for my own bucket list!
- Q.** What's the last great book you read or are currently reading?
- A.** It's really sad, but I don't read books all that often. I am much more motivated to prioritize my free time with family and friends. And, when I do get the time to read a book, I become so engrossed with the story that I'll stay up all night to finish it. It's not a good fit for my personality!