

## One-on-one Coaching with Michelle

**An investment in coaching** allows you to take full responsibility for your life, to open up to new possibilities and create a career and life you truly love. And it's often not about fixing what's broken. It's about building from the foundation of success you've already created and really making an impact.

### **Where in your life would you benefit from that kind of guidance?**

Whether it's one-on-one, with members of your team, or as part of growing your speaking business, Michelle will help you gain clarity, reignite your drive and then hold you accountable to **do the freakin' work** (#DTFW) necessary to transform how you work and live.

**My job as Coach** is to help you create a vision for the future and map out a realistic action plan to get you there. I ask you powerful questions, listen and empower you to elicit the skills and creativity you already possess. *When in your week do you get that kind of focused attention?*

I also hold you accountable and support you through the process of change. *Your time with me each session is your chance to dig deep into what really matters to you and actually take steps to get it.*

Coaching involves two 55-minute telephone, in-person or Skype/Zoom sessions every other week. I ask for a minimum six session commitment to the coaching process, so we can get to know each other and have enough time to dig deep and create positive outcomes.

You choose the topic you wish to discuss each session. I listen, ask you powerful questions and help you strategize, all with the goal to give you focus and help move you towards problem solving and growth.

I won't instruct or advise but I'll often push you outside your comfort zone because that's where all the progress happens. At the end of each session we agree upon the steps you will take toward your goals in the weeks to come, and how you will stay accountable to your efforts.

*Sometimes it's enough to know you've got me in your corner, and all of a sudden you're accomplishing things you've been putting off for years.*

### **MICHELLE CEDERBERG, CHANGE AGENT.**

EMPOWERING TODAY'S DREAMERS, LEADERS AND GO-GETTERS  
TO CREATE THE LIFE AND CAREER THEY WANT.

# Michelle Cederberg

speaker • coach • consultant

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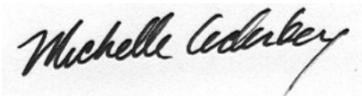
## Why I Love Coaching

I've spent most of my life in the realm of human performance - as a competitive kayaker, as an avid outdoor enthusiast; mountain biker, rock climber and snowboarder. As a fitness instructor and personal trainer. As a psychology major turned Kinesiology Master. I've worked as a college instructor, health educator, and personal trainer always interested in what makes people tick - inside and out.

And now, as a coach, consultant, and professional speaker I educate busy, driven professionals about purpose, productivity and the pursuit of better.

To say that I'm inspired by the power of the human spirit is an understatement. And, if anything drives me it's this: *to empower every person who dreams of more to go for it. Every leader who dares to make a difference to trust they're able. And every go-getter with a vision for success to say "Yeah, I can!"*

**It's your life. Dare to live it BIG!** Connect with me to book your free consult.



For over 15 years, Certified Speaking Professional Michelle Cederberg has been captivating audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a Carpe Freakin' Diem life.

An in-demand speaker, author, coach and consultant, she believes that personal and professional success is directly influenced by the physical, mental and emotional capacity we each have within us to create the life and career we want. She helps people boost that capacity, so they gain clarity, build confidence, and get the discipline to create the life and career they want.

She holds a Masters in Kinesiology, a BA in Psychology, a specialization in Health and Exercise Psychology, is a Certified Exercise Physiologist, a Certified Professional

Co-Active Life Coach, and an ORSC-Trained Team Coach. She truly combines mind, body and practicality to empower change.

Michelle is the author of three books. Her newest book *It's How We Work* will be released late 2019.