

Confidence, Capacity and your Competitive Edge

The Leader's Guide to Peak Performance... in Everything

When work demands are high, and the schedule is full, it's far too easy to let lack of time and energy guide how you take care of yourself. It seems there's always something more important to do, but when health gets pushed aside, it has a direct and often negative impact on energy, productivity, and positivity. Not to mention what it does for wellness and quality of life.

Research shows that the very health practices we push aside in the name of work progress, are the keys to better peak performance and safety. In fact, health delivers the ultimate competitive edge for business success at every level of your organization. Boost confidence, capacity and your competitive edge with simple methods that make a big impact.

In this session, you will:

- Be reminded of the many brain and body benefits of exercise, eating right, sleep, and stress management, and learn why health provides the ultimate competitive edge in today's workforce.
- Assess your current health-practices; what's going well, what's missing, and what you shouldn't be without.
- Identify effective, time-efficient ways to optimize your health, and that of your teams, so you show up every day mentally, physically and emotionally dialed-in.

And consider this: If you're already knocking it out of the park with career success, imagine how much more capable you'll be when you prioritize health as a non-negotiable part of your business plan.

Michelle Cederberg

speaker • coach • consultant



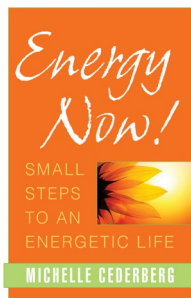
For over 15 years, Certified Speaking Professional Michelle Cederberg has been captivating audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a Carpe Freakin' Diem life.

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.

Michelle's Books



Energy Now! Small Steps to an Energetic Life

Available at Michelle's sessions as well as online and in bookstores everywhere.



GOT TO IT journal and



If Your Life Sucks It's Your Fault mini-book

Available at Michelle's sessions or on-line at:
michellecederberg.com

To learn about coaching, read Michelle's blog, or book her to speak visit michellecederberg.com

It's Your Life. Dare to Live It Big.