

Dare to Live It Big

How to Move from Self-doubt to Success in ~~787~~ Easy Steps

When it comes to crushing goals and finding success at higher levels, often the biggest barriers we must navigate are ones we've built for ourselves. Self-doubt and lack of confidence often show up when we stretch outside our comfort zone toward something big. That's normal by the way. We're genetically wired to look out for danger and avoid risks. So, how do we know when to trust those self-doubt voices and when to tell them to shut up?

In this thought-provoking and entertaining session, Michelle Cederberg takes an honest look at how we get in our own way as we strive for better, and what we can do to turn self-doubt into success.

In this session, you will:

- Explore how the brain sets us up for 'protective failure' as we strive for success, and learn tactics to bypass the barriers.
- Look at new research in Positive Psychology that will give you a fascinating perspective on the power of love, gratitude and joy as emotions that prime your neural pathways for success.
- Learn seven (not 787) simple strategies that can help you improve mood, boost happiness and do away with self-doubt in all you do that matters to you.

This is your life. Dare to live it BIG. Michelle shares stories of her own journey with self-doubt that will make you laugh, think and ultimately realize that each of us is capable of so much more than we can even imagine...if we'd just get out of our own way.

* Available as a 60 to 90-minute keynote *or* half and full-day workshops

Michelle Cederberg

speaker • coach • consultant



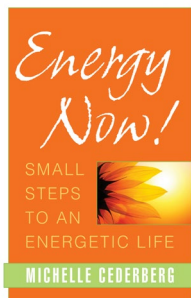
For over 15 years, Certified Speaking Professional Michelle Cederberg has been captivating audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a Carpe Freakin' Diem life.

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.