

It's How We Work

The Surprising Science Behind Getting Your Best Work Done

In an age of disengagement, distraction and fatigue, it seems how we work isn't working. In this thought-provoking keynote, Health and Productivity Expert Michelle Cederberg shares new research from her forthcoming book *It's How We Work* that will help change that. She explores how we can work *better* through four science-backed success factors that will truly help you get your best work done:

- **Why we work** addresses the purpose and direction we bring to our work, why goals matter, and how personal engagement boosts success and satisfaction on the job.
- **How we work it** addresses the good, the bad and the ugly in the habits, skills and discipline we bring to daily tasks. Learn what science says about distractions, negativity and other productivity killers.
- **How we own it** addresses how to train your brain to boost self-confidence and mindset, to improve the quality of your goals and your path to success.
- **How the body works to help us work better** addresses all the ways health boosts work ethic and output (not to mention what it does for your longevity).

We'll explore the inter-relatedness of these four success factors, and what you can do to get the best out of yourself and your team in all you do.

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

Michelle Cederberg

speaker • coach • consultant



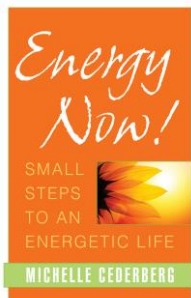
For over 15 years, Certified Speaking Professional Michelle Cederberg has been captivating audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a Carpe Freakin' Diem life.

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!
365 Day Journal for Getting to the Good Things

By Michelle Cederberg, MSW, CSP, CFP®
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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.