

Exposing the Myth of Life Balance

How to Find Better Balance Even with a Busy Schedule

75% of Canadians don't believe that work-life balance is possible. We're working more than ever, spending less time with our friends and family, and inevitably watching our health and happiness drift away. So maybe life balance isn't possible?

Michelle Cederberg is pushing back against the common definitions of life balance and challenges you to consider a new view. In this thought-provoking session, you will:

- Get clear on what better balance means to you and set your intentions for moving forward with change.
- Identify your biggest time wasters and effectively prioritize your day to find time for the things that matter.
- Develop strategies to move forward with greater clarity, work day focus, and life balance.

Michelle uses humour and expertise to cut to the chase with ideas and insights that help even the busiest people live an energetic, more balanced life.

Michelle Cederberg

speaker • coach • consultant



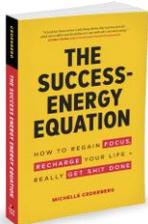
For over 17 years, Certified Speaking Professional Michelle Cederberg has captivated audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a bigger life.

An in-demand speaker, author, coach and consultant, she believes that personal and professional success is directly influenced by how well we harness the physical, mental and emotional capacity we each have within us. 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 new book *The Success-Energy Equation*, debuted as a bestseller in October 2020.

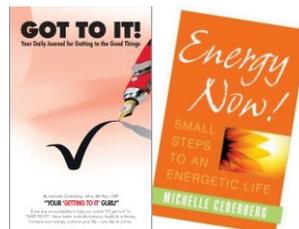
Michelle's Books



NEW BOOK ALERT

The Success-Energy Equation: How to Regain Focus, Recharge Your Life, and Really Get Sh!t Done

successenergybook.com



Michelle's **GOT TO IT Journal**, and **Energy Now!** are both 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.