

## The Success-Energy Equation

### How to Regain Focus, Recharge Your Life, and Really Get Sh!t Done

In an age of disengagement, distraction and fatigue, it seems how we work isn't working. We're busy, stretched and stressed, and in the fight to get it all done, we've lost sight of what's truly important to us in work and life.

In this thought-provoking session, Health and Productivity Expert Michelle Cederberg shares new research from her forthcoming book *The Success-Energy Equation* that will make you think, laugh and take action on your dreams.

By using the wisdom of science and your own innate common sense, you can combat what Cederberg calls 21st-and-a-quarter-century stress, and tap into a well of energy that will reduce overwhelm and stress in every area of your life.

In this high-energy keynote you will:

- Get clear on your own definition of success; *what really matters to you in work and life, and what drives you to do what you do.*
- Look at typical barriers that get in the way of success, and how you can effectively navigate them.
- Discover four science-backed variables that contribute to higher levels of goal success and overall well-being and how to make them work for you.
- Embrace a simple but powerful habit you must do daily to ensure on-going success with everything you do that's important to you.

Full of hilarious stories, anecdotes and innovative strategies, you'll leave this session with a renewed sense that it's possible to break free from stress and drive your own success. That's Success-Energy, and it's a formula worth calculating.

*This session is based on Michelle's soon-to-be-released book of the same title.*

*Pre-orders will be available October 15<sup>th</sup> for an October 27<sup>th</sup> release..*

\* Available as a 30 to 90-minute keynote *or* half and full-day workshops

# Michelle Cederberg

speaker • coach • consultant

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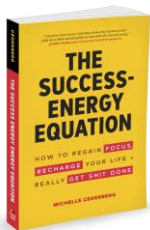
For over 17 years, Certified Speaking Professional Michelle Cederberg has captivated audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a bigger life.

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.

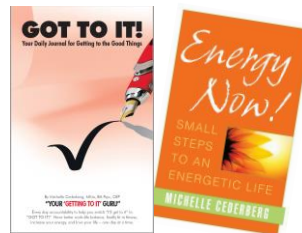
## Michelle's Books



### NEW BOOK ALERT

**The Success-Energy Equation:** How to Regain Focus, Recharge Your Life, and Really Get Shit Done

[successenergybook.com](http://successenergybook.com)



Michelle's **GOT TO IT Journal**, and **Energy Now!** are both available at Michelle's sessions or on-line at:

[michellecederberg.com](http://michellecederberg.com)

To learn about coaching, read Michelle's blog, or book her to speak visit [michellecederberg.com](http://michellecederberg.com)

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