

## (3) Energized for Excellence

*"Go beyond the ordinary. Get Extraordinary Results"*

Today, success requires high-energy, clear-vision and a high-performance mindset to make it happen. But what do we do when we're lacking in any of these areas, and how can we reinvigorate our sense of self (and that of our teams) to get back in touch with these vital, excellence-driving attributes?


Author, Speaker, and Health and Productivity Expert Michelle Cederberg has literally written the book on living an *energetic and abundant life*. Her signature talk "Energized for Excellence" has lit up thousands of minds to help them recognize that "there is a masterpiece in all of us", and we can unleash it through focus, effort and trusting that it's possible.

After 20+ years of studying the intersections between health, productivity and motivation, she uses humor and practicality to empower audiences to take on bigger challenges, conquer the stresses that slow progress, and dare to show up as leaders in their own lives.

### KEY OUTCOMES & AUDIENCE IMPACT:

- Get clear on what excellence means to you in your career and life, and how you can take it to the next level.
- Discover ways to strengthen your mental focus, emotional energy and day-to-day prioritization to be a stand-out in all you do.
- Commit to physical health as a foundation for personal and professional growth and learn why it's the key to excellence.
- Embrace a path to excellence that includes career success *without compromise*.

★ **THE "BREATH OF FRESH AIR":** This high-energy, inspirational keynote effectively helps teams explore what's possible by equipping them to reduce overwork and overwhelm, and move toward an energized future with a clear vision of what success and excellence means for them today.



**ABOUT THE BOOK:** *"Energy Now: Small Steps to an Energetic Life"* Time and energy are powerful commodities in the high-pressure world of business, and this book provides an invaluable guide to energy, health, and a recharged life. It shares small-steps advice to help you prioritize essential energy creating self-care practices that will help you drive success.



## “A HEALTH & PRODUCTIVITY SENSATION”

*Conquer Burnout | Boost Focus | Energize Your Success*

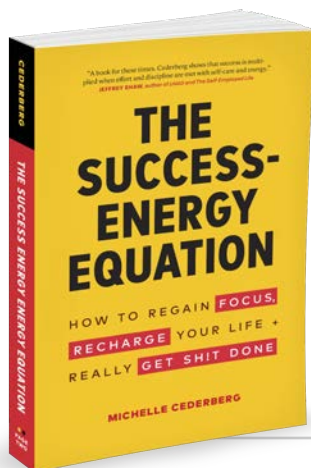
For over 20 years, Health and Productivity Expert Michelle Cederberg has captivated audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a bigger life.

As a **certified and 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 enthusiastically calls on science to help people boost that capacity, gain clarity, build confidence and develop the discipline to create the life and career they want.



**CAPS**  
A proud member of the Canadian  
Association of Professional Speakers

★ **MISSION & FOCUS:** Michelle holds a Masters in Kinesiology, a BA in Psychology, specialization in Health & Exercise Psychology, is a Certified Speaking Professional, Certified Exercise Physiologist and a High-Performance Coach. Her life's work is about combining *mind, body and practicality* to powerfully ignite change in everyday professionals.



### ★ BEST SELLING AUTHOR & INFLUENCER:

An author of four books and counting, her latest publication “*The Success-Energy Equation*” debuted as a bestseller in October 2020 —helping to revolutionize the myth that burnout and stress don’t have to be part of success.

**Book Michelle to ENERGIZE YOUR NEXT EVENT:**  
[michellecederberg.com](http://michellecederberg.com)

**“Michelle really exceeded all the previous guest speakers we used in the past. She took the time to collaborate with us to customize her message and focus on topics that were relevant to our group, with great success”**

—Michelle Watt & Anne-Sophie Branjon, SHELL Retail Canada