

(4) The “Busy” Breakthrough

Work-Life Balance For Today's Overachiever

For many of us “being busy and getting things done” is exactly where we feel most comfortable. On a good day this feels like high productivity, great time management and lots of creative thinking as we challenge ourselves to fit in *even more* — more goals, more accomplishments, more responsibilities. Until we find ourselves too busy to eat, too busy to sleep and too busy to tend to the areas of our life that *actually matter the most*.

Soon, busy turns to “burned out”, and productivity grinds to a halt. Deadlines get delayed and details get missed as we try to keep up with the pressure and unrealistic expectations brought on by that idyllic “busy-thinking”.

Comedic, practical and incredibly insightful, “The Busy Breakthrough” is a crowd favorite that debunks the myth of “work-life balance” and helps audiences recalibrate the illusion of “busy” into healthier, more manageable and increasingly sustainable *practices for success*.

KEY OUTCOMES & AUDIENCE IMPACT:

- Increase productivity, efficiency and fulfillment by recognizing (and removing) the unnecessary stressors that may be slowing you down.
- Identify your biggest distractions and time wasters, and effectively prioritize your day to be truly focused and productive, wherever you're working.
- Develop strategies to move forward with greater clarity, workday energy, and life balance.
- Accomplish more while doing less. Learn how to optimize your efforts to create a greater sense of stability (and encourage your teams to do the same by example!)

★ **THE “RECALIBRATOR”:** Teams, managers and performance-based industries will benefit most from the key insights and emerging trends that Health & Productivity Expert Michelle Cederberg presents during this highly energized keynote. Improve workplace morale, performance and productivity by giving audiences the freedom to step back and recognize how effective (or ineffective) their efforts to ‘stay busy’ have really been.



“A HEALTH & PRODUCTIVITY SENSATION”

Conquer Burnout | Boost Focus | Energize Your Success

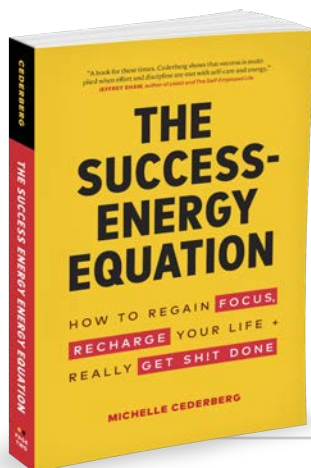
For over 20 years, Health and Productivity Expert Michelle Cederberg has captivated audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a bigger life.

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.



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★ **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

“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