

(1) The “Success-Energy” Equation

“Beat Burnout. Harness your Energy. Streamline Success.”

In this high-energy keynote, Health and Productivity Expert Michelle Cederberg shares research from her latest book *The Success-Energy Equation*. After years of studying top-in-class professionals she’s uncovered obvious, though rarely recognized, or exercised ways to streamline success, reduce stress and eliminate exhaustion.

From fail-proofing your routines, to clarifying your goals, and finally breaking free from the traps of distraction, Michelle uncovers a powerful combination of scientific facts, health truths, and laughable human behaviors that when implemented, will set you apart from the average ambitious individual and help you solve your own personal formula for success in profound ways.

KEY OUTCOMES & AUDIENCE IMPACT:

- Develop a clearer understanding (and newfound sense of humor) about where your energy is being ‘poured, invested or drained’.
- Learn how to overcome common barriers like distractions and bad habits, to become more consistent with your goals and outcomes.
- Discover four science-backed variables that can significantly impact your goals, confidence, productivity, and success.
- Streamline, optimize and eliminate unnecessary stressors to boost productivity and drive you, and your company, to new levels of *true success*.

★ **THE “DEAL-CLOSER”:** Geared towards high-performers, leaders, and those in busy, competitive industries (such as HR, real-estate, brokerage and sales)—this keynote delivers action-ready strategies and science-backed principles that leave audiences refreshed, motivated and ready to experience their own next *personal best*.

ABOUT THE BOOK: “*The Success-Energy Equation - How to Regain Focus, Recharge Your Life + Really Get Sh!t Done*” debuted as a bestseller in October, 2020 and has continued to attract the attention of success-driven, health-conscious professionals who are using the research-backed principals to drive production, engagement and retention in corporate and leadership settings. Ask about bulk-order discounts.

(2) Sharpening Your Competitive Edge

“The Leader’s Guide to Peak Performance... in Everything”

For many of us, getting ahead means putting in longer hours, sacrificing time with our family and friends and persevering until we ‘break through’ to that next level of success. Ironically, those same sacrifices have driven employee burnout, corporate fatigue, and the skyrocketing costs of mental and physical health.

In fact, research indicates that the very health practices we tend to push aside in the pursuit of ‘more’ are the same practices that drive today’s peak performers and greatest leaders to succeed. Indulge yourself and your team in a research-backed, smirk-filled experience that debunks the idea that “struggle and stress” are part of success. Then make way for clearer, more consistent results that draw on health to give you a sharpened competitive edge.

KEY OUTCOMES & AUDIENCE IMPACT:

- Significantly increase confidence, capacity and clarity.
- Learn the performance benefits of exercise, healthy eating, sleep, and stress management on your cognitive and decision-making abilities.
- Examine current health-practices with a guilt-free analysis of what’s going well, what could be better, and what it takes to be better.
- Improve focus, engagement, production, and retention with these highly effective (and time-efficient) strategies that alleviate stress and reduce exhaustion.

★ **THE “PRODUCTIVITY-BOOSTER”:** Built for busy and highly ambitious professionals who are committed to outperforming themselves *more sustainably*. This session powerfully communicates the extreme advantage that comes when you make health a “non-negotiable” in your business, corporate and personal goal setting.

(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.

(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.

(5) The Stress Test

“Breaking Down the Cost of Stress and Success”

Long hours, large workloads and lack of time are part of today's workplace reality but that doesn't mean you should let it affect your quality of life. Explore the impact stress has on the body, how we create needless stress for ourselves, and what you can do to move from stress to success.

Research overwhelmingly shows that stress-related absences cost employers across North America more than \$300 billion each year. To make matters worse, chronic stress is linked to the six leading causes of death, and more than 75% of all physician office visits begin with stress-related ailments and complaints. Without intervention stress quickly piles up to burnout, soaring corporate costs and *dead ends*. But it doesn't have to be this way...

Let Health and Productivity Expert Michelle Cederberg illuminate obvious choices (and simple steps) that every company, employee, and individual can adopt to help reverse this costly trend.

KEY OUTCOMES & AUDIENCE IMPACT:

- Understand the physical impact that stress has on your body, mind and long-term health, and learn how to recognize the subtle (and not so subtle) signs of increasing stress.
- Learn the difference between acute, chronic and pervasive stress, and the surprisingly simple tactic that will help you avoid burnout, and boost productivity.
- Discover how stress affects your day-to-day cognition and productivity and learn ways to stay focused and alert so you can do your best on the job, and still have energy for life.
- Find ways to prioritize simple stress management practices that can strengthen personal well-being and corporate health.

★ **THE “COST SAVER”:** Most of us don't have any control over the chaotic, intense, and demanding aspects of our jobs, but we can learn how to recognize and alleviate the physiological (and professional) impacts of stress to notably reduce the cost of sick-leave, talent-loss, and low engagement. *Side effects include greater employee morale, corporate confidence and long-term personal wellbeing.*

(6) The Myth of Multitasking

"Finding Focus (And Superpowers) In A Distracted World."

With the overload of technology, digital information and 24/7 communication at an all-time high, it's a true superpower if you can set boundaries, find focus, and alleviate distractions. Break down the myth of multitasking once and for all.

Author, Speaker, and Health & Productivity Expert Michelle Cederberg helps you and your teams find new levels of personal and professional fortitude by examining the science and social implications of multitasking, digital overwhelm, and more. Find out how to break free from the constant stimulus of hyper connectedness, social media and never-ending work demands to create a work-life balance fit for today's ambitious but highly distracted workforce.

Don't worry, you won't have to give up your phone all together or sacrifice the things you love for the sake of accomplishing your goals. Instead, you'll learn how to streamline, edit, and focus your energy to optimize your results.

KEY OUTCOMES & AUDIENCE IMPACT:

- Explore the signs of 'auto-pilot living', why it happens, and how to get off it.
- Look at how multitasking impacts productivity, what's happening in your brain when you take on too much, and how it hinders learning and memory.
- Discuss simple strategies to push aside distractions and be more mindful and focused when it matters most.

★ **THE "EFFICIENCY OPTIMIZER":** Turn distracted teams and overwhelmed employees into results-driven superstars with these small-step strategies that can help increase productivity and the ability to meet goals, timelines and budgets with better precision. *Side effects include happier, less stressed employees and greater corporate satisfaction in performance and productivity.*



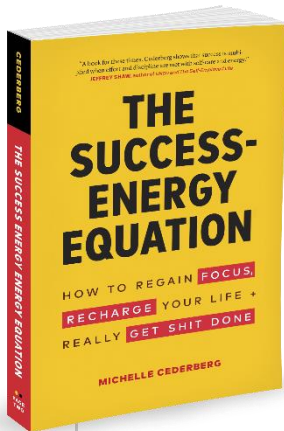
IGNITE HIGH PERFORMANCE

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 that educate busy, driven professionals about how to set chase worthy goals, revive energy, and reignite productivity.

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, so they can work and lead with confidence, and create the life and career they want.

★ **EDUCATION & FOCUS:** Michelle holds a Masters in Kinesiology, a BA in Psychology, a 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 ignite high performance 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