

### Future-Proofing Productivity

*“Unleash the Energy Advantage to Transform Your Workforce and Elevate the Future of Work”*

The world of work has gone through unprecedented upheaval over the last several years, and the future of work continues to be fast-paced and ever changing. To address the challenges and opportunities that come with rapid change, increased competition, hybrid work teams, and changed workforce expectations you can't ignore the role health and energy play in your organization's success.

In this thought-provoking keynote, Health and Productivity Expert Michelle Cederberg shares important ways health is vital to the future of work, and how to use it to future proof your teams in five key areas.

#### KEY OUTCOMES & AUDIENCE IMPACT:

- Uncover the many overlooked ways that health improves cognition, decision-making, focus, productivity and more, leading to enhanced employee performance and productivity.
- Learn future-proofing strategies to reduce stress and burnout on your team (and gain higher job satisfaction rates and lower turnover as a bonus.)
- Discover how workplace health practices contribute to a positive work culture that can drive innovation and organizational success, and what to do to create it.
- Gain tools to foster more resilient, and adaptable teams who will navigate change and uncertainty with a positive attitude.
- In a hypercompetitive job market, understand the value of employee wellness initiatives for attracting and retaining top talent.

More than ever, a commitment to workplace health practices is key for every organization looking for sustained success in this changed work environment. Unleash the *energy advantage* to transform your workforce and elevate the future of work.

★ **THE “REALITY CHECK”:** Created for forward thinking individuals and organizations who recognize the fact that strong teams make for strong business. This session underlines the many productivity-related benefits that come directly from prioritizing physical, mental and emotional health as part of your success plan.

Download a full list of Michelle's sessions here: <https://bit.ly/MichelleSPEAKS2024>

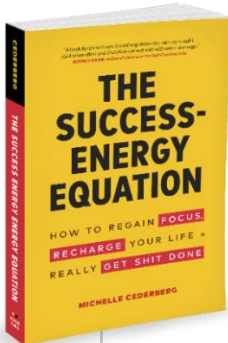


## IGNITE HIGH PERFORMANCE

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 ignite high performance.

As an in-demand speaker, author, coach, and consultant, she believes that 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 and Exercise Psychology, is a Certified Speaking Professional, Certified Exercise Physiologist, and a High-Performance Coach. In 2023 she was inducted into the prestigious Canadian Speaking Hall of Fame. She truly combines *mind, body, and practicality* to inspire change.



★ **BEST SELLING AUTHOR & INFLUENCER:**

Michelle is the author of four books. Her latest publication “*The Success-Energy Equation*” debuted as a bestseller — helping to revolutionize the idea that burnout and stress don’t have to be part of success.

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



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