

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.*

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

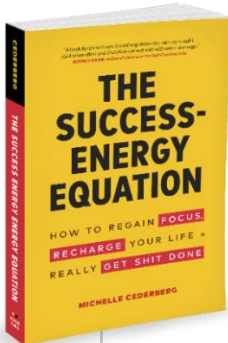
IGNITE HIGH PERFORMANCE



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



Inducted into the
Canadian Speaking
Hall of Fame



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