

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 professionals will benefit from the key insights and emerging trends that Health & Productivity Expert Michelle Cederberg presents during this paradigm-shifting 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.

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

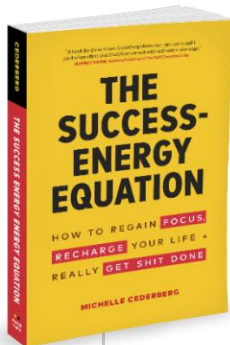
IGNITE HIGH PERFORMANCE



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



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