

The Stress Test

“Strategies to Move from Stress to 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.*

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

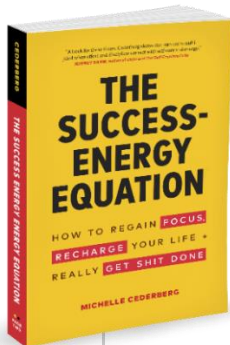


IGNITE HIGH PERFORMANCE

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.

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michellecederberg.com



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