

1) The Success-Energy Equation

Embracing the Science of Success to Work and Lead with Confidence.

In this high-energy, laugh-out-loud keynote, High Performance Coach and Author Michelle Cederberg shares research from her latest book *The Success-Energy Equation*. After years of studying top-in-class professionals, she's uncovered remarkable truths about what drives success, health, happiness at every level, and offers up a new view on what it takes to optimize high performance in today's stress-filled world.

Michelle delivers a powerful combination of scientific facts, surprising truths, and real-world strategies 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:

- Gain clarity around what success means *to you*, how to define it for yourself, and why this will help you drive personal and professional growth.
- Develop a better understanding (and newfound sense of humor) about where your energy is being 'poured, invested or drained'.
- Explore innovative success strategies that will significantly impact how you approach goal setting and productivity.
- Understand the value of physical, mental, and emotional energy to enhance your daily output, team connection, and leadership capabilities.

★ **THE "PERFORMANCE IGNITER":** Geared towards high-performers, leaders, and those in busy professions—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 2020 and has continued to attract the attention of success-driven, health-conscious professionals who are using the research-backed strategies to drive production, engagement, and retention in corporate and leadership settings. Ask about bulk-order discounts.

2) Energized for Excellence

How to Own Your Excellence and Take it to the Next Level

To succeed in any professional environment, you need boundless work ethic, and a high-performance mindset to stay the course. It's clear then that abundant energy is at the core of excellence in work and in life. Without it, your enthusiasm and output will be poor, and with more of it, your passion and productivity will soar!

When you're *Energized for Excellence*, you show up as a leader and strive for success in all you do. You take on bigger challenges, and better manage stress. You find ways to take care of your energy – *mind, body and spirit* – no matter what is coming at you. You feel great about yourself and your capabilities. *What's possible from there?*

Through humor and storytelling, High Performance Coach Michelle Cederberg reminds us that "there is a masterpiece in all of us", that we can unleash through focus, determination and belief. Highlighting information from her eye-opening book *Energy Now! Small Steps to an Energetic Life* this session will help you:

- Acknowledge the ways excellence already shows up in your career and life, and why it's important to own that awesomeness.
- 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 'Everyday Excellence' as a foundation for personal and professional progress and learn why it's the key to consistent growth.
- Learn strategies to help you embrace a path to excellence that includes career success without compromise.

In an age where many of us feel overworked and unmotivated, this session will educate, inspire and get you energized for excellence.

★ **THE "BREATH OF FRESH AIR":** This high-energy, inspirational keynote helps teams explore what's possible and move them 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.

3) 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 how to future proof your teams in four key areas.

KEY OUTCOMES & AUDIENCE IMPACT:

- 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 help build a 'productivity culture' that drives 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 a vibrant wellness culture for attracting and retaining top talent.

More than ever, a commitment to 'people power' is key in 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.

4) The Strong Side of Stress

Harnessing Pressure to Transform Stress into Success

In today's fast-paced, demanding world, stress is often viewed as a negative force to be avoided, but what if we could transform it into a driver of growth and success? *The Strong Side of Stress* offers a fresh perspective on how stress, when managed effectively, can be an invaluable tool for personal and professional advancement.

In this revealing session, Health and Productivity Expert Michelle Cederberg addresses the science behind stress, delves into how it impacts the brain and body, and shares why some stress can actually improve cognitive function and focus. She will help you reframe stress as a catalyst for pushing boundaries, building resilience, and enhancing performance.

KEY OUTCOMES & AUDIENCE IMPACT:

- Learn why stress, when managed effectively, can push people out of their comfort zones, and help foster personal and professional development.
- Understand how strategically navigating stress can strengthen mental and emotional resilience, and why it helps you face future challenges with greater confidence.
- Discover how moderate stress - when channeled in the right direction – can heighten focus, sharpen decision-making skills, and enhance overall productivity.
- Find out how proactive strategies such as mindfulness, time management, and regular physical activity, can transform stress from a negative force into a tool for empowerment.

Whether you're dealing with deadlines, major life transitions, or everyday responsibilities, this session will equip you with actionable strategies to thrive under pressure and turn stress into a stepping stone for success.

★ **THE “PERSPECTIVE SHIFTER”:** Redefine your relationship with stress and turn pressure into progress. Side effects include greater employee morale, corporate cost-saving, and long-term personal wellbeing.

5) **May I Have Your Attention Please?**

How to Reclaim Focus and Productivity in a Distracted World

With technological demands, digital overwhelm and 24/7 connectedness at an all-time high, it's a true skill if you can set boundaries, alleviate distractions, and laser your focus. There are so many 'shiny things' competing for our attention every moment of every day.

In this eye-opening session, Author, Coach, and Health & Productivity Expert Michelle Cederberg helps you zero-in on your attention (or lack of) by examining the science and social implications of multitasking, digital distraction, and lack of focus.

KEY OUTCOMES & AUDIENCE IMPACT:

- Gain a new understanding of how our digital dependence impacts concentration and daily output, not to mention what it does for our mental and emotional health.
- Explore the signs of 'auto-pilot living', why it happens, and how to get off it.
- Look at how multitasking impacts creativity and productivity, what's happening in your brain when you juggle too much, and why it hinders learning and memory.
- Learn effective ways to manage distractions and be more mindful and focused when it matters most.

Don't worry, you won't have to give up your phone or sacrifice the things you love for the sake of accomplishing your goals. Instead, you'll learn how to reclaim your focus, and prioritize like a pro no matter what is happening around you.

★ **THE "EFFICIENCY OPTIMIZER"**: Walk away with awareness tools and simple strategies that will turn distracted teams and overwhelmed employees into results-driven superstars.

6) Choosing 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 on the job.

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:

- 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, productivity, 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.

7) 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.
- Develop strategies to move forward with greater clarity, workday energy, and life balance.
- Accomplish more while doing less. Learn how to create a greater sense of success *and* stability (and by example, encourage your teams to do the same).

★ **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.

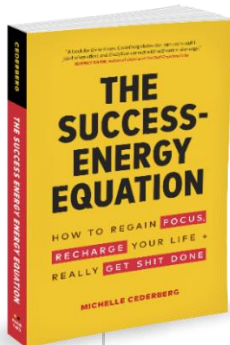
IGNITE HIGH PERFORMANCE



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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