

**Michelle
Cederberg**
speaker • coach • consultant



UNLEASHING IMPACT
HALF OR FULL-DAY WORKSHOP

www.michellecederberg.com



I make it my mission to entertain, engage and enlighten.

As a Certified Speaking Professional, Hall of Fame Speaker and 20-year veteran of professional speaking, I make it my mission to entertain, engage and enlighten. Beyond well-researched, current content, I bring the right balance of energy and laughter to my presentations.

I'm happy to hop on a call to share more details about this productivity building workshop. Don't hesitate to reach out with questions.

Michelle Cederberg



Michelle Cederberg

Health and Productivity Expert, MKin, BA Psyc, CEP, Hall of Fame Speaker, CSP, Certified Coach, Best Selling Author

For over 20 years, Health and Productivity Expert Michelle Cederberg has captivated audiences across the globe 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 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.

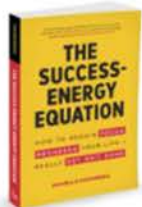
She enthusiastically calls on science to help people boost that capacity, so they can work and lead with confidence, and create the life and career they want.



Inducted into the Canadian Speaking Hall of Fame



CAPS
A proud member of the Canadian Association of Professional Speakers



★ BEST SELLING AUTHOR & CHANGE IGNITER:

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.

LET'S CONNECT

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Unleashing Impact workshop

Unleashing Impact: Turning Energy into Execution Using the 4Cs

This highly interactive, 3-hour workshop brings The Success-Energy Equation to life through Michelle Cederberg's proven 4Cs Impact Framework—Clarity, Capability, Commitment, and Capacity—helping participants identify exactly where their effort is paying off... and where energy, focus, or follow-through may be quietly leaking.

Designed as a practical extension of the keynote, this session moves beyond insight into action. Participants complete a personal Impact Audit to assess the strength of their four Cs, then work individually and in small groups to uncover patterns, diagnose gaps, and identify high-leverage upgrades they can apply immediately in their day-to-day work.

Rather than generic productivity tactics, this workshop focuses on the real drivers of sustainable performance: clear priorities, confident skill application, disciplined follow-through, and the energy to support it all.

The result is a shared language for impact, meaningful peer learning, and a concrete plan participants can actually execute.

By the end of this session, participants will:

- Gain clarity on what's really driving (or draining) their performance by diagnosing strengths and weaknesses in their current habits, systems, and workday strategies using the 4Cs framework.
- Pinpoint one critical constraint and one powerful amplifier—the specific “C” that most limits results right now, and the one that can create the greatest momentum when strengthened.
- Build practical strategies to strengthen all four Cs, with targeted attention on weaker areas so effort translates into progress, not just busyness.
- Leave with a focused 30-day Impact Action Plan, including a clear priority, commitment contract, and habit-tracking approach to turn insight into sustained growth.

This session doesn't ask participants to work harder. It shows them how to work smarter, protect their energy, and apply it where it makes the biggest difference—individually and as a team.



Unleashing Impact Workshop

Turning Energy into Execution Using the 4Cs

Below is a 3-hour interactive workshop outline that brings The Success-Energy Equation to life, and uses my 4Cs Impact Framework (Clarity, Capability, Commitment, Capacity) to identify strengths, gaps, and growth opportunities present in the work you do.

The workshop includes an *Impact Audit* where each team member can assess their 4 Cs, and we'll use that information to guide conversations and action steps.

By the end of this session, participants will work together to:

- Diagnose strengths and weaknesses in their workday habits and strategies.
- Identify one critical weak point and one amplifier through the 4Cs.
- Strengthen all four Cs, with special attention to any weaker areas.
- Leave with a 30-day Impact Action plan to step into growth.

WORKSHOP AT-A-GLANCE (180 Minutes *plus break*)

Transition from Keynote – 30 minutes

- Re-anchor The Success-Energy Equation with an audience 'Quick pair-share'
- Introduce the 4Cs of the Impact Framework

Impact Snapshot (4Cs Audit) – 30 minutes

Goal: Build awareness and insight around clarity, capability, commitment, and capacity.

- Individual Impact Audit and scoring
- Pattern recognition and discussion.

Mini lecture – 20 minutes

- Identifying Success GAPS related to 4 Cs

Impact Lab (Groups of 4-6) – 40 minutes

(15 minute break after part 1)*

Goal: Apply the Impact Framework through real-world challenges and peer discussion.

- Discuss weak/strong areas, identify trends, consensus on most pressing C for each*
- Discuss and design one upgrade for each selected challenge

Energy-to-Action Mapping (solo work) – 40 minutes

Goal: Translate insight into commitment and clarity with a focused 30-day action.

- Choose One Priority
- Complete Impact Plan
- Commitment Contract + Habit Tracking

Close + Activation – 20 minutes

Lock in momentum, accountability, and next-steps.