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Health & Productivity Expert; Doing More with Less; Change Agent

https://www.kmprod.com/speakers/michelle-cederberg

Bio

For over 20 years, Health and Productivity Expert & Speaker Michelle Cederberg (CSP) 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.

Recently inducted into the Canadian Speakers Hall of Fame, and, as a certified and in-demand speaker, author, coach and consultant, she believes that personal and professional 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 & Exercise Psychology, is a Certified Speaking Professional, Certified Exercise Physiologist and a High-Performance Coach. Her life's work is about combining mind, body and practicality to inspire change.

? BEST-SELLER: An author of four books and counting her latest publication "*The Success-Energy Equation*" debuted as a bestseller in October 2020 —helping to revolutionize the myth that burnout and stress don't have to be part of success.

Topics

Michelle Cederberg Conference Speaker Presentations

FUTURE-PROOFING PRODUCTIVITY

"Unleash the Energy Advantage to Transform Your Workforce & 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 important ways health is vital to the future of work, and how to use it to future proof your teams in five key areas. [morelink]

THE "SUCCESS-ENERGY" EQUATION

Beat Burnout. Harness Your Energy. Streamline Success

Sidestep the struggle and find yourself in a far more fulfilling and wildly successful version of your own life by getting ahead of the pack and learning how to optimize your energy for success. From 'fail-proofing' your routines to learning how to recognize the traps of distraction, "The Success-Energy Equation" effortlessly delivers the key to streamlining, optimizing and leveraging your energy. Accomplish more. Enjoy more. Be more.

CHOOSING THE COMPETITIVE EDGE

The Leader's Guide to Peak Performance… in Everything

"Faster. Better. Stronger… and more exhausted than ever". What if burnout and stress didn't have to be a requirement for success anymore? Health is the ultimate competitive advantage: focus on this, and everything else multiplies. Backed by cutting-edge research and 20+ years experience working with high-performers across industries, Michelle delivers a potent and powerful "shortcut to success" that's easier to integrate than you think!

ENERGIZED FOR EXCELLENCE

Go Beyond The Ordinary. Get Extraordinary Results

There's a Masterpiece in all of us—but finding the clarity, energy and focus to "chisel our dreams" out of the mountains that lay in front of us is harder than it looks (otherwise everyone would be doing it). Uncover the secrets to get energized for excellence and transform ordinary efforts into extraordinary results.

THE “BUSY” BREAKTHROUGH

Work-Life Balance For Today’s Overachiever

“Busy” used to be a badge of honour. Today it’s an indicator that we’re struggling to balance our ambitions with our priorities (and a never ending stream of distractions!) Take a step back and learn how to adopt NEW MODELS OF SUCCESS that integrate the “powerhouse effect” of good health, quality relationships and modernized notions of what a “balanced life” really looks like in 2023 and beyond.

Workshops & Breakout Sessions:

THE STRESS TEST

Breaking Down The Cost of Stress And Success

Chronic Stress doesn’t look good on anyone. After factoring in the rising cost of sick leave, abstenteeism, and dwindling productivity in the office it’s also linked to six of the leading causes of death. But don’t stress. Let leading Health & Productivity Expert Michelle Cederberg help you unravel this costly dilemma to leverage those long hours, large workloads, and lack of time into something that fuels you (not fizzles you)

THE MYTH of MULTI-TASKING

Finding Focus (and Superpowers) In A Distracted World

In an era of hyper-connectedness, endless scrolling and digital overwhelm learning how to focus seems more like a superpower than a skill. Discover how multitasking actually impacts productivity and what happens in your brain when you take on too much. Become an everyday office hero and defeat the distractions pulling you away from your personal goals by adopting these high-performing strategies that re-focus, re-prioritize and reinvigorate.

BRING THE “WOW FACTOR”

Call on Certified Speaking Professional, Michelle Cederberg to help emcee your next event, conference or seminar.

If you’re in the business of captivating audiences, moving seamlessly through presenters, and looking forward to the kind of RAVE REVIEWS that will leave you with an endless supply of post-event high-fives, then it’s safe to say your search for an emcee is over

For more information, Michelle Cederberg's speaking schedule and **booking Michelle Cederberg, contact us**.