



The Ultimate Corporate Event Company

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

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Bio

For over 15 years, **Certified Speaking Professional Michelle Cederberg** has been captivating audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a Carpe Freakin' Diem life.

An in-demand speaker, author, coach and consultant, she believes that personal and professional success is directly influenced by the physical, mental and emotional capacity we each have within us to create the life and career we want. She helps people boost that capacity, so they gain clarity, build confidence, and get the discipline to do the freakin' work. [morelink]

Topics

Michelle Cederberg Speaker & Keynote Presentations:

It's How We Work: The Surprising Science Behind Getting Your Best Work Done

How we work isn't working. And, in this thought-provoking and entertaining keynote, Change Agent Michelle Cederberg shares new research from her forthcoming book *It's How We Work* that will help change that. She explores how we can work better through four success factors that will help you cut through distractions, fatigue and 'auto-pilot living' once-and-for-all.

Confidence, Capacity and Your Competitive Edge: The Leader's Guide to Peak Performance... in Everything

Research shows that the very health practices we push aside in the name of work progress, are the keys to better leadership and peak performance. In fact, health delivers the ultimate competitive edge for business success at every level of your organization. Boost confidence, capacity and your competitive edge with simple methods that make a big impact.

Dare to Live It Big: How to Move from Self-doubt to Success in 787 Easy Steps

When it comes to crushing goals and finding success at higher levels, often the biggest barriers we must navigate are ones we've built for ourselves. Self-doubt and lack of confidence often show up when we stretch outside our comfort zone toward something big. That's normal by the way. We're genetically wired to look out for danger and avoid risks. So, how do we know when to trust those self-doubt voices and when to tell them to shut up?

Exposing the Myth of Life Balance: How to Find Better Balance Even With a Busy Schedule

75% of Canadians don't believe that work-life balance is possible. We're working more than ever, spending less time with our friends and family, and inevitably watching our health and happiness drift away. Get clear on what better balance means to you and develop strategies to move forward with greater clarity, work-day focus, and life balance.

Stress Defense: Combat Tips to Help You 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.

The Myth of Multitasking: How to Find Focus in a Distracted World

In an era of 24/7 connectedness and 'nose to the grind-stone' ideologies, multitasking has become something of a workplace badge of honour. But is it? Learn how multitasking impacts productivity and what happens in your brain when you take on too much. Then explore ways to re-focus, prioritize, and really get the job done.

Event Host - Master of Ceremonies: Fun, focused and fired up!

There are a lot of moving parts to hosting a successful conference or event. And with all you have to juggle, the last thing you need to worry about is what's happening on the stage. As a professional emcee – one who knows the ins and outs of successful events – not only will Michelle add fun and energy to your program, but she'll reduce your stress and help elevate the entire experience for you and your audience.

Represented by K&M Productions. **For** more information, Michelle Cederberg's speaking schedule, **fees**, and **booking Michelle Cederberg, contact us**.