

Ignite High Performance™

ENERGIZING TEAMS FOR THE FUTURE OF WORK

Using science-based strategies to eliminate burnout,
increase engagement, and ignite high performance

with Health and Productivity Expert


Michelle Cederberg, MKin, BA Psyc, CEP, CPCC
Hall of Fame Speaker, CSP, Coach, Author



Inducted into the
Canadian Speaking
Hall of Fame



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CERTIFIED PROFESSIONAL
COACHIVE COACH™

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Association of Professional Speakers



Michelle Cederberg
speaker • coach • consultant

THE MICHELLE CEDERBERG ADVANTAGE

For over 20 years, Health and Productivity Expert Michelle Cederberg has captivated audiences across North America with her **empowering** and **humorous** messages that teach busy, driven professionals how to eliminate burnout, increase engagement, and ignite high performance.

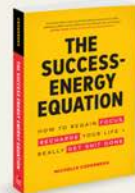
As an **in-demand speaker**, author, coach and consultant, she knows that **success** is directly influenced by how well we harness the physical, mental and emotional capacity we each have within us. She calls on **science** and **common sense** to help people boost that capacity, so they can work and **lead with confidence**, and get energized for the **future of work**.

With burnout, stress, and mental health issues on the rise across North America, you need a speaker who can **inspire change** and **drive results** with easy-to-implement ideas to help your team recharge energy, subdue stress, and **reconnect with the work they love**. The result is greater performance, productivity *and* employee retention when it's needed most.

ABOUT MICHELLE: Michelle holds a Masters in Kinesiology, a BA in Psychology, specialization in Health & 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**. Her life's work is about combining *mind, body and practicality* to powerfully ignite change.

RECENT BEST-SELLER: Michelle is the author of four books. Her latest publication "The Success-Energy Equation" debuted as a **bestseller**, helping to revolutionize the idea that fatigue and stress don't have to be part of success.

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KEYNOTES THAT IGNITE HIGH PERFORMANCE

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 a new view on what it takes to optimize high performance in today's success-driven world.

2) The Strong Side of Stress

Harnessing Pressure to Transform Stress into Success

In this revealing session, Michelle 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.

3) Energized for Excellence

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

There's a Masterpiece in all of us - but finding the clarity, energy, and focus to "Chisel our dreams" out of the mountains in our path isn't always easy (otherwise we'd all be doing it). Uncover the secrets to get energized for excellence and transform ordinary efforts into extraordinary results.

4) Future-Proofing Productivity

Balancing Technology and Wellness to Energize the Future of Work

The world of work has gone through unprecedented upheaval over the last several years. To address the challenges and opportunities that come with rapid change, the infiltration of AI, digital distractions, high stress, and changed workforce expectations you can't ignore the role health and energy play in your organization's success. Michelle shares key ways health and energy will drive the future of work.

5) The "Busy" Breakthrough

Work-Life Balance for Today's Overachiever

"Busy" used to be a badge of honor. Today it's an indicator that we struggle to balance ambition with priorities (and an endless stream of distractions!) Embrace new models of success that integrate the powerhouse effect of good health, great relationships, and a modernized notion of what a balanced life looks like in this new world of work.

And ask about Michelle's newest workshop **The Leadership X Factor**

2023
SOUTH COAST CANADA
NATIONAL CONFERENCE



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GROUPS WHO LOVE WORKING WITH MICHELLE

EXECUTIVES AND MANAGERS IN FAST MOVING INDUSTRIES

You love your job and you do it well, but you're busy and at risk of being stressed out, maxed out and burned out. You need tools to maintain high performance and the capacity to hit it out of the park with everything you do. Michelle's straight-shooter style cuts to the punch with ideas and strategies that even busy people can get behind.

ANY AUDIENCE WHOSE PRIMARY JOB IS TO TAKE CARE OF OTHERS

If you're in education, healthcare, human resources, payroll, administration, health & safety, emergency services, recreation – any career where it's your job to take care of everyone else and everything else before yourself – Michelle's sessions provide information and motivation to help you refocus and recharge.

GOVERNMENT GROUPS, BUSINESS TEAMS, GROWING ORGANIZATIONS

If you're looking for ways to improve productivity, team performance, employee happiness, work-life capacity, and your business bottom line, Michelle's sessions are backed by research, her methods are developed through years of hands-on experience, and her approach is inclusive and engaging.

WHAT CLIENTS ARE SAYING ABOUT MICHELLE

Ignite High Performance™

Michelle Cederberg is a **top performer**, and a delight on and off the stage. She not only provides big value in her presentations, she does it with **passion** and **energy**. A keynote can make or break the opening to a convention, and she set the tone right away. The audience was fully engaged and **leaning in** to her every word. Michelle shares **current information** about strengthening leadership, taking care of yourself, and driving high performance. Her **no-nonsense message** comes with a **fun** and **humorous** delivery that provides a **memorable** experience for all.

Desiree Bombenon, Sure Call

Michelle's **straight-shooter style** and **humor** built rapport with our attendees right out of the gate, and folks were **laughing** while learning. Her high energy delivery, **research-backed takeaways**, and practical examples were exactly what we wanted to close our conference. If you want a speaker who educates, entertains, and inspires, don't hesitate to hire Michelle.

Ana Fuller, Local Government Management Association of British Columbia

I had the pleasure of working with Michelle on our yearly event for designers and design leaders. She was so **easy to work** with and took the time to meet with me to understand our needs. While we wished we could have had Michelle speak in person, she made the **virtual interaction top notch**, like we were right there with her! Michelle sent a personal signed copy of her wonderful book to each of our designers all across the U.S. as a gift from our company. I would gladly have Michelle back for a future event as an **inspiring, fun and engaging** keynote, and would highly recommend her to others.

Trisha Harp, Steelcase

Michelle did a **fantastic job** getting the attention of our group with her **lively** and **energized** presentation. Our post-event survey showed that more than 90% of the team were very satisfied by her presentation. Michelle really **exceeded previous speakers** we used in the past and Shell Retail would highly endorse her for any audience.

Michelle Watt & Anne-Sophie Branjon, Shell Retail Canada

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TOP REASONS WHY LEADERS BOOK MICHELLE

1 - **Up-to-date, credible expertise**

Michelle brings over 30 years of education and experience, to all she does. She holds degrees in Kinesiology (MKin) and Psychology, is a Certified Exercise Physiologist, and a Certified Coach. Her credentials require annual continuing education, so her information is always cutting-edge.

2 - **Experience and professionalism**

Michelle is a Hall of Fame Speaker (HoF) and Certified Speaking Professional (CSP) who has been speaking professionally for over 20 years. Her keynotes are expertly delivered and provide a memorable, laugh-out-loud audience experience. Her engaging stories and strategies empower busy, driven professionals to flip the switch on burnout and fatigue, to more fully ignite high performance.

3 - **An expert who walks her talk**

Michelle's in-the-field career and coaching experiences inform what she shares from the stage, so you get ahead of the trends and get to solutions faster. As a health and high performance coach, she practices what she preaches, sharing information and ideas that are tried and true, with practical methods for implementation.

4- **Ridiculously easy to work with**

With all you've got to take care of for your event, your speaker shouldn't be one them. Michelle prides herself on being ridiculously easy to work with. She's timely with her deliverables, organized, on-time and always ready to help.

5 - **Fun, funny, and thought-provoking**

Michelle approaches every program with the mission to engage, entertain and enlighten. Her programs are interactive, high-energy, and a lot of fun. And research suggests that humor produces psychological and physiological benefits that help people learn better and retain more after the event.

IGNITE HIGH PERFORMANCE. FUTURE-PROOF YOUR TEAMS. BOOK MICHELLE TODAY

IN CASE YOU WERE WONDERING...

Q. Where does Michelle travel from?

A. Calgary, Alberta, CANADA.

Q. What does Michelle need on event day?

A. Michelle is easy to work with. A lav or headset mic, a projector and screen, and a table for her books and she's ready to go.

Q. Is Michelle available for more than just her keynote?

A. Absolutely! Michelle likes to provide value for investment. She's happy to join your pre-event meet and greet, sit on a panel (or facilitate one), do a book signing, or even a pre-break stretch session for attendees.

Q. Does Michelle ever emcee events?

A. Yes, for an extra fee, Michelle can add fun and energy to your program, reduce your stress, and elevate the experience for you and your audience.

Q. How can we extend the impact of Michelle's message post-event?

A. Michelle is a Certified Professional Coach and can provide 1:1 and small group coaching as an add-on. Ask her about bulk-order book discounts too!



**Michelle
Cederberg**
speaker coach consultant