marcey rader

NOW BOOKING: KEYNOTES, BREAKOUTS, WORKSHOPS

Relentless prioritization beats endless optimization.



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Marcey Rader is a Certified Speaking Professional®, one of about 700 worldwide, and a five-time author who teaches leaders and teams to do the right things first through relentless prioritization.

FEATURED IN: FAST COMPANY · THRIVE GLOBAL · SHAPE · Inc. · Prevention

MARCEY'S SPEAKER REEL

KEYNOTE

The Right Things First: Why the Smartest People in the Room Still Choose Wrong

Your team already knows what matters. The problem is choosing it when it counts.
Format: Keynote.

*Companion to the book: **The Right Things First: A Pocket Guide to Relentless Prioritization** by Marcey Rader*

FLAGSHIP WORKSHOP

Reclaim Your Workday: Build the System. Prove It Holds.

A system for running your week, stress-tested against the day you're not there.
Format: Workshop or training.

*Companion to the book: **Reclaim Your Workday** by Marcey Rader*

BREAKOUTS & TRAINING

Deep Focus, Fewer Fires: Protecting Attention in an Always-On Workday

Every ring, ping, and buzz costs more than you think.
Format: Keynote, breakout, or training.

*Pairs With: **Tame Your Inbox***

The Meeting Reset: Fewer Meetings, Faster Decisions

Kill it, shrink it, keep it: a decision framework for the meetings eating up your calendar.
Format: Keynote, breakout, or training.

*Pairs With: **Virtual and Inclusive by Design***

The Remote Reset: Focused and Present, Wherever You Work

Get credit for the work you do, in a remote workday that actually ends.
Format: Keynote, breakout, or training.

*Pairs With: **Leading a Team You Can't See***

THE RIGHT THINGS FIRST:
WHY THE SMARTEST PEOPLE IN THE ROOM STILL CHOOSE WRONG



Your team already knows what matters. The problem is choosing it when it counts.

Ask any leader on your team what matters most and they'll answer without blinking. That was never the gap.

The meeting runs long again, and everyone stays. A request lands, and nobody has the nerve to turn it down. The project nobody believes in gets a better tracker, a cleaner process, and another quarter of funding, because stopping it feels harder than continuing.

The Right Things First runs on one idea: ***relentless prioritization beats endless optimization. Every time.***

Takeaways

- ✔ **How to spot a team polishing the workaround while the real problem stays put.**
- ✔ **Six questions: three that find the real bottleneck, three that test whether a solution earns its place.**
- ✔ **Ability, Capacity, Agency: find out why you're stuck before you pick a fix.**
- ✔ **A gut check: if someone followed you for three days, would they see your stated priorities?**
- ✔ **One guardrail, written in the session: "When ___, I ___."**



[Watch The Right Things First](#)
(mini keynote)

Who it's for: Teams and leaders at any level.

Format: Keynote. Pairs naturally with ***Reclaim Your Workday*** as a follow-up working session.

Companion to the book: ***The Right Things First: A Pocket Guide to Relentless Prioritization****, by Marcey Rader.*

RECLAIM YOUR WORKDAY:
BUILD THE SYSTEM. PROVE IT HOLDS.

Trusted by: DELTA, syngenta, NC State University, U.S. Treasury Inspector General, Biogen, moderna



Prioritization Keynote Speaker

marcey rader

NSA CSP · Top Presenter Awards 2025 · TEDx Speaker · espeakers Virtual Master Presenter · Vistage Speaker · Certified Digital Wellness Educator

A system for running your week, stress-tested against the day you're not there.

Friday, 4:45. The week is gone, and it's hard to name what got finished. The best hours went to email. The report that mattered got the leftovers again, at 7 p.m.

Then someone takes a day off, or disappears into a deadline, and three decisions sit waiting for them, because they were the only one who knew where things stood.

Reclaim Your Workday builds a system to choose what gets done and when, then tests it on the day someone's out.

Takeaways

- ✔ **Task Batching, Theme Days, and a daily top three, chosen from the year down.**
- ✔ **The stress test: how long the team could run before coverage gaps and lost institutional knowledge start costing real money.**
- ✔ **A documented bottleneck process and an escalation grid, so the gatekeeper isn't guessing.**
- ✔ **Each attendee's part in keeping it running: clean handoffs, the right people alerted, and a real disconnect.**
- ✔ **A live action plan built in the room.**

"If you're tired of feeling punched around by the demands of life and work, get ready for some truth bombs filled with actionable steps"
– Jeff Nischwitz, Director of Business Development

Who it's for: Managers, team leads, and anyone who covers for a colleague.

Format: Workshop or training.

Companion to the book: ***Reclaim Your Workday*** *by Marcey Rader*

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BOOK A CONNECTION CALL

DEEP FOCUS, FEWER FIRES:
PROTECTING ATTENTION IN AN ALWAYS-ON WORKDAY

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Prioritization
Keynote Speaker

marcey rader

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Every ring, ping, and buzz costs more than you think.

You sit down at 9:00 to write the one thing that matters today. At 9:04, a chat. At 9:06, an email you'll answer real quick. By 10:00, you have one paragraph, and the whole morning feels busy.

This session shows where attention actually goes, then gives leaders and teams practical tools to protect it.

Takeaways

- ✔ **Why every interruption costs more than it takes.**
- ✔ **The dopamine pull behind every notification, and why "just a quick check" rarely stays quick**
- ✔ **What multitasking actually costs, and what to do instead.**
- ✔ **Practical tools to protect focus, including working alongside someone else, which helps almost anyone stay on task.**
- ✔ **One guardrail, chosen and committed to before the session ends.**



Watch the Clip

"It was shocking to understand how dependent and consumed I am with my devices.
I want to be more present with those around me instead of using my phone."
— Keith Hudson, President,
Jim Hudson Automotives Group

Who it's for: Teams and leaders whose day runs on pings, chats, and inboxes.
Format: Keynote, breakout, or training.
Pairs well with: *Tame Your Inbox, a standalone session on filters, templates, and communication norms.*

TAME YOUR INBOX: CREATE A SYSTEM THAT STICKS

Companion to Deep Focus, Fewer Fires

Trusted by: DELTA, syngenta, NC State University, U.S. Treasury Inspector General, Biogen, moderna



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An inbox that runs on your rules, with fewer decisions left sitting in it.

The inbox is color-coded. There are six filters and a folder called Later. All 100 newsletters still arrive, and the email you opened at 8:05 still sits there at 2:30.

Every email in an inbox is a decision nobody has made yet. This session turns those decisions into a system, so the inbox stays manageable and stops demanding attention it hasn't earned.

Takeaways

- **OHIO, Only Handle It Once: a simple rule for touching each email once.**
- **A five-way sort: delete, delegate, reply, archive, or task, so nothing sits undecided.**
- **A communications matrix: type, channel, purpose, response time, and participants, so everyone knows which tool a message belongs in.**
- **AI triage: an inbox that sorts by priority once you've told it what counts.**
- **One piece of the system chosen, with a guardrail to keep it: a filter, a template, or a categorized inbox.**

"All of us get so much email and it can be easy to lose an important one in the mess. Marcey walked us through practical examples, had us share our screens and IMPLEMENT while we were learning."
— Melisa Galasso, CEO, Galasso Learning Solutions

Who it's for: Anyone whose inbox sets their agenda, and teams ready to agree on which message goes where.

Format: Breakout or training.

Pairs well with: *Deep Focus, Fewer Fires, or a fuller program. Fully bookable on its own.*

THE MEETING RESET:
FEWER MEETINGS, FASTER DECISIONS

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Kill it, shrink it, or keep it:
a decision for every meeting eating your calendar.

The weekly meeting got shortened from 60 minutes to 50. The agenda got tighter. One person came off the invite. Nobody asked whether the meeting needed to happen at all. Meanwhile, the deck arrives during the meeting, action items leave with no names attached, and there's no room left on the calendar for the work the meetings were supposed to move.

The Meeting Reset gives every recurring meeting a three-way decision: **kill it, shrink it, or keep it**, and sets up the ones that stay to run well.

For teams and leaders who own recurring meetings, and everyone who sits in too many of them.

Takeaways

- ✔ **A clear filter for deciding whether a meeting needs to exist.**
- ✔ **The real cost of meetings, and a system for right-sizing who's in the room and how long it runs.**
- ✔ **Facilitation tools that keep discussion moving without shutting anyone down.**
- ✔ **A guardrail for staying present that respects how different people focus.**
- ✔ **Kill it, shrink it, or keep it, applied live to one of their own meetings.**



Watch the Clip

"This is one of my favorite trainings ever. So appreciated all the concrete examples and suggestions. I wish every training were this tangible!"
— Mirin Greenberger, Software Development Manager, IDEXX

Format: Keynote, breakout, or training.

Pairs well with: ***Virtual and Inclusive by Design****, a standalone session on hybrid meeting equity and neuro-inclusive practice.*

BOOK A CONNECTION CALL

VIRTUAL AND INCLUSIVE BY DESIGN: HYBRID MEETINGS BUILT FOR EVERYONE

A companion to The Meeting Reset

Trusted by: DELTA, syngenta, NC State University, U.S. Treasury Inspector General, Biogen, moderna



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Hybrid meetings where everyone gets heard, wherever and however they're joining.

The people in the room talk over the audio lag. Someone on a shaky connection gives up halfway through a sentence. The chat fills with good points nobody reads aloud, and anyone with their camera off gets counted as not participating.

This session gives hybrid teams one standard for live meetings and a clear test for which ones should go async.

For hybrid and remote teams, and anyone who runs meetings with people in more than one place.

Takeaways

- ✓ **Meeting equity and neuro-inclusive practice solve the same underlying problem: a fair shot at contributing.**
- ✓ **A Camera Norms Conversation: a brief, one-time discussion that documents what "on" and "off" mean for this specific team.**
- ✓ **When to skip the meeting entirely: a named owner, a response time, and a length cap that keep async updates from becoming a new inbox to manage.**
- ✓ **One practical standard that gives remote, in-room, and neurodivergent participants an equal shot.**
- ✓ **One meeting on the calendar, decided live: keep it synchronous, or move it async.**

Format: Breakout or training.

Pairs well with: *The Meeting Reset for a fuller program. Fully bookable on its own.*

THE REMOTE RESET:
FOCUSED AND PRESENT, WHEREVER YOU WORK

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Get credit for the work you do, in a remote workday that actually ends.

A message goes out at 7:40 a.m., so people know you're online. The mouse gets a nudge to keep the status green. At 8 p.m., the laptop is still open on the kitchen table, because nothing told you the day was over.

Available isn't visible. This session gets your work seen and lets the workday end.

For remote and hybrid team members, and the leaders who set their norms.

Takeaways

- ✔ **Proximity bias is measurable. Four prompts a week, brought to every one-to-one, make the work visible and leave the year-end review already written.**
- ✔ **The two distinct risks in remote work, isolation and an always-on workday, and why they need different fixes.**
- ✔ **Guardrails for both ends of the day: three things before the first screen and quiet hours your team can see.**
- ✔ **A do-not-disturb signal people actually respect, at work and at home, because every signal comes with a return time.**
- ✔ **One guardrail, chosen live, ready to test.**

"At a 3-day conference, this was one of two impactful sessions and left me with big takeaways to work with my global team."
— KayLynn Dalebout, Founder, Clockwork Accounting

Format: Keynote, breakout, or training.

Pairs well with: ***Leading a Team You Can't See,*** *a standalone session on proximity bias, delegation, and remote coaching.*

LEADING A TEAM YOU CAN'T SEE: MANAGING WITHOUT WATCHING

A companion to The Remote Reset

Trusted by: DELTA, syngenta, NC State University, U.S. Treasury Inspector General, Biogen, moderna



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Counter proximity bias without surveillance, and delegate in a way that gives real time back.

The check-in is on the calendar because it's Tuesday. The status update the manager asked for is already sitting in the project tool. And the stretch assignment went to whoever happened to be in the office that day.

This session builds the habits that keep a remote team seen, trusted, and moving, without a manager hovering.

For managers and team leads with remote or hybrid reports.

Takeaways

- **Proximity bias is something managers produce or prevent in how people get seen, picked, and promoted.**
- **Why harder monitoring backfires: tighter monitoring erodes a team's trust faster than it gains real control.**
- **Delegation that gives a manager real time back: name the decision, watch it back once, and set the check-in date.**
- **How to model the guardrails your team will trust.**
- **Two commitments to start this week: a habit for staying connected, and a guardrail to model.**



Watch a Clip

Format: Keynote, breakout, or training.

Pairs well with: *The Remote Reset for a fuller program. Fully bookable on its own.*