

PRODUCTIVITY & HEALTH SPEAKER

marcey rader



**WATCH
MARCEY
SPEAK**



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NOW BOOKING: KEYNOTES, BREAKOUTS, WORKSHOPS

"practical" "funny" "high-value"
"no-fluff" "thought-provoking"

Marcey Rader is a multi-award-winning speaker, consultant, coach, and author focused on **health-powered™ productivity** after a preventable medical diagnosis shifted her relentless pursuit of more. As the founder of RaderCo, **she's inspired people across five continents**. As a Certified Speaking Professional®, Virtual Master Presenter®, and TEDx speaker, Marcey helps individuals and companies **discover what truly matters, fostering sustainable habits to reclaim their workday, work well and play more!**



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rader**



ENGAGEMENTS
INCLUDE:



FEATURED IN:



THRIVE GLOBAL

EXPERTISE:

- Productivity
- Time & Focus Management
- Prioritization
- Remote Work
- Digital Wellness
- Healthy Behaviors

"Marcey is THE dream presenter.

*She is a rock star on the stage, and you know the attendees will have a great session. Planning events with new content and presenters can be risky. **Marcey is the person you book to balance that risk.** She is consistently excellent."*

Linda Dodd - Learning Specialist NCACPA

MARCEYRADER.COM/SPEAKING

 **SCHEDULE YOUR
CONNECTION CALL**



Reclaim Your Workday:

sustainable success in the modern workplace

**Struggling to stay focused between meetings, messages, and endless to-dos?
Your workday slipping away while burnout's creeping in?**

It's time to reclaim your time, energy, and focus!

Distractions, overloaded inboxes, and unproductive meetings fill our workday. We're conditioned to be reactive—an outdated recipe for burnout & exhaustion. It's not about doing more. It's about *doing the right things, sustainably.*

CUT THROUGH THE CHAOS & SHARPEN YOUR FOCUS!
CREATE A WORKDAY THAT WORKS FOR YOU, YOUR TEAM, AND YOUR COMPANY

**“truth bombs
filled with
actionable steps”**

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

LEARN HOW TO:

- ✓ **Shift from reactivity to intention** using deep focus strategies
- ✓ **Fix broken meetings** and stop the 'video fatigue' cycle.
- ✓ Create **NO-GUILT time and energy guardrails**

PERFECT FOR PEOPLE WHO:

- Feel **overwhelmed** by emails, meetings, and distractions
- Want to work smarter, not harder—but **don't know where to start**
- **Need proven strategies** to increase focus & productivity





Elevate Your Focus:

defeat distractions for peak performance

Reaching the end of your day low on willpower?

Feeling decision fatigue from constant multitasking?

*Ring, ping, buzz, knock! -Distractions are lurking around every corner, ready to pounce on your attention. Fear not!
You don't need a secret hideout to gain control.*

SUPERCARGE YOUR HABITS TO BECOME A FOCUS PRO!

“I want to be more present”

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

LEARN HOW TO:

- ✓ **Shrink digital distractions** with optimal settings
- ✓ Single-task to get **more done with less energy**
- ✓ **Reset** with low-sensory power breaks

PLAY VIDEO



PERFECT FOR PEOPLE WHO:

- Feel **overwhelmed** by a whirlwind of distractions
- **Are buried** under a mountain of communication & media
- **Struggle to be present** in the moment



Break Free From Busy:

simple to-do list solutions

Feel like you've worked all day but got nothing done?

Unsure how to prioritize, and overwhelmed by too many urgent tasks?

Stop feeling frazzled. Prioritize your time, energy, and attention.

Create time blocks to batch, theme, and focus on your tasks.

Start your day, week, or month with a CLEAR plan.

BREAK FREE FROM THE NEVER-ENDING TO-DO LIST!

**“I can face Q4
with energy &
excitement”**

*Today I took a 'should' off my plate that
has been a mental burden for MONTHS.*

*I can face Q4 with energy and
excitement instead of dread.*

– Melinda McKee

Founder, Memento and Muse

LEARN HOW TO:

- ✓ Name & claim your calendar **for focused work**
- ✓ **Optimize your energy** with task and time-blocking
- ✓ **Reflect, Plan, & Prioritize with the Powered Path Method™**

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PERFECT FOR PEOPLE WHO:

- Are **drowning in to-dos**
- **Juggle multiple projects** or roles
- Crave a **simple, effective system** to prioritize & focus



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Email Extinguisher:

put out the fires and rescue your time

Overwhelmed by the flood of messages?

Dread checking email or get distracted when your phone pings?

In a world where the influx of emails & messages seems never-ending, it's time for a change. *Conquer digital distractions and take back your agenda.*

GET READY FOR INBOX LIBERATION!

“...like church to me saying "amen" & "hallelujah" after each statement”

I've seen major improvements and left feeling validated, with tangible tools to improve my day-to-day. Your training felt like church to me saying, "amen" & "Hallelujah" after each statement.

- T.M.

SR. Clinical Trial Manager, Vertex Pharmaceuticals

LEARN TO:

- ✓ **Conquer** digital distractions
- ✓ Manage your inbox with **proven tips & shortcuts**
- ✓ Shift behavior to **end the email ping-pong**

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PERFECT FOR PEOPLE WHO:

- **Live & breathe email**
- Are **at the mercy** of notifications
- **Feel buried** under an email avalanche



Find Your Meeting Mojo:

minimize drain & maximize impact

Leave meetings wishing you could get that hour back?

Tired of virtual marathons and feeling like a video zombie?

Discover your hidden superpowers to transform mundane meetings. No more drained batteries and yawn-inducing engagement. Instead, you'll be the ultimate hero, saving the day - one meeting at a time.

MAKE MEETINGS MATTER -FROM THE ROOM TO THE ZOOM AND GAIN A RETURN ON THE TIME YOU INVEST.

“I wish every training were this tangible”

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

LEARN HOW TO:

- ✓ Craft meetings with a **solid framework**
- ✓ Reduce distractions, shorten meeting times, and **keep your team laser-focused**
- ✓ Make every 1-to-1 **meaningful, insightful, and action-oriented**

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PERFECT FOR PEOPLE WHO:

- **Juggle** virtual, in-person, or hybrid meetings
- **Wrestle with packed calendars** that leave little time for tasks
- **Battle video fatigue**



Work Well Remotely:

healthy habits at home

Struggling to shut down after long hours?

Barely getting steps between your kitchen and desk?

Distractions & temptations can cause you to overwork & under-move, making it extra tough to gain success & balance with your remote work. Productivity, health, and focus don't have to be a constant fight of willpower. Get in the zone, with the right habits to stay active, and work effectively at home.

GET THE TOOLS TO TAKE CARE OF YOURSELF, AND DO YOUR BEST WORK - VIRTUALLY!

**“This class
opened my eyes”**

*Detailed advice that can boost
productivity & focus today!
Marcey outlined the science behind
her solutions and why & how they
can work for you. I will definitely be
signing up for future classes.”*

- Marsha Morales

Co-Founder, Humble House Foods, Inc.

LEARN HOW TO:

- ✓ **Set guardrails** to limit work interruptions & digital chatter
- ✓ **Increase energy** with movement breaks and timed focus boosters
- ✓ **Prepare your brain & body** before and after work

PLAY VIDEO



Marcey Rader - www.marceyrader.com

PERFECT FOR PEOPLE WHO:

- Work remotely
- Travel for business



Manage Well Remotely:

leading your team through the screen

Wonder if your team is working too little or too much?

Using 1-to-1s as status updates instead of growth opportunities?

Remote management can be a recipe for burnout for you & your team.

Say goodbye to dull video calls and chaotic communication channels.

Manage remote employees without sacrificing your time, health, or productivity.

LEAD FROM WHEREVER YOU ARE... ENGAGING YOUR TEAM TO WORK WELL TOGETHER!

**“...big takeaways
to work with my
global team”**

*From 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

LEARN HOW TO:

- ✓ **Streamline communication**
with a matrix
- ✓ **Safeguard downtime** to
prevent burnout
- ✓ Establish a framework for
meaningful one-to-ones

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PERFECT FOR PEOPLE WHO:

- Manage people in a remote or hybrid environment
- Manage business travelers



Creating Guardrails:

presence in a hyper-connected world

Feeling more connected to your device than the people around you?
Can't remember your last unplugged vacation?

*Say goodbye to an 'always-on' culture and hello to intention & meaning.
We don't have to give up our phones or go on a digital detox.
Downsizing our tech can reset & restore the brain & body to help us
return from time off feeling recharged.*

STAY PRESENT IN A HYPER-CONNECTED WORLD!

“peace of mind”

The peace of mind last night was amazing – hardly any “Sunday scaries” thinking about what was lurking in my inbox!

– **Kerri Gaoutte**

Director of Learning & Development
BEAM Therapeutics

LEARN HOW TO:

- ✓ **Establish guardrails** with digital downsizing
- ✓ Establish **screen-free** and low-sensory times to **calm the mind**
- ✓ Prepare and **return from time off - recharged**

PERFECT FOR PEOPLE WHO:

- **Need help** setting healthy tech boundaries
- Have **fear of missing out**
- **Struggle to unplug** during their time off





Everyday Energy:

healthy habits for every body

Done with being tired and the endless pursuit of perfection?

Overwhelmed by health gurus who only care if you look good naked?

Skip worrying about bikini bodies, trendy or tasteless diets, and running marathons. Everyday movement, eating habits, sleep tips, and energy resets are yours with tricks that work in the office & home.

POWER UP NOW WITH SIMPLE WAYS TO FEEL BETTER!

“inspired me to think differently”

This session had actionable tips and kept my attention that inspired me to think differently about eating, sleeping, and caring for myself as a busy professional.

- Filomena Fanelli
CEO, Impact PR Communications

LEARN HOW TO:

- ✓ Ditch **"pancake butt"** and **"counterfeit energy"**
- ✓ Wake up ready to **conquer the day**
- ✓ **Unwind** without needing a mountain retreat

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PERFECT FOR PEOPLE WHO:

- **Crave** practical, relatable **health improvements**
- **Struggle with where to start**
- **Feel intimidated** by change and new routines